

FOURTH EDITION

July, 1938

SOUVENIR BOOK OF

# COOKERY RECIPES



With the Compliments of

**NEW ZEALAND  
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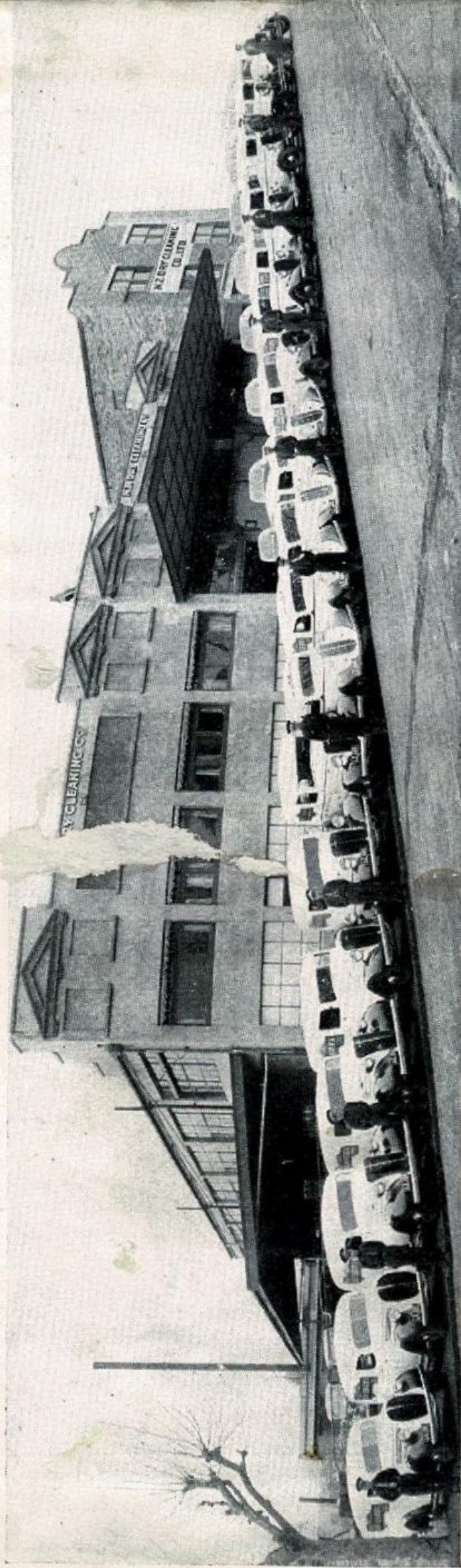


# INDEX

	Page
Soups .. .. .	3
Fish .. .. .	6
Potted Meats, etc. .. .. .	11
Savouries .. .. .	12
Meat Dishes .. .. .	16
Cuts of Meat and How to Cook Them ..	57
Puddings, etc. .. .. .	23
Cakes .. .. .	30
Fruits .. .. .	42
Bread, Pastry, Scones .. .. .	45
Jams and Jellies .. .. .	47
Pickles and Sauces .. .. .	50
Fillings and Dressings .. .. .	53
Sweets .. .. .	54
Kitchen Measurements .. .. .	64







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*of . . .*

## COOKERY RECIPES

WITH A CHAPTER ON:

The Romance of the  
Dry-Cleaning & Dyeing  
Industry

### THIRD EDITION

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*With the Compliments of*



Head Office and Works:

1, 3 and 5 HOWE STREET :: AUCKLAND, C.2.

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# *Introductory*



**I**N publishing and presenting free this volume of Cookery Receipts, we are not for a moment presuming to be experts in the Culinary Art. We have faith, however, in the experts who have contributed these recipes, culled from their own successful culinary experience.

Our object is to provide our thousands of women customers with a handy storehouse of useful kitchen information, and at the same time add to our service to the public.

The first dry cleaning order we received in Auckland was on April 4th, 1924. In fourteen years our business has grown to vast proportions, and we most heartily thank the public for their loyal and constant patronage.

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July, 1938



# RECIPES

TRIED TESTED TRUE

## SOUPS

### Tomato Soup

Use 8 tomatoes. Boil till soft; before straining, add a little baking soda; add to the juice 1 pint of stock and 1 pint of milk, a little salt and pepper. Thicken with cornflour.

### Macaroni Soup

Break as much macaroni in  $\frac{1}{2}$ -inch pieces as will fill a quarter cup; throw into boiling water with salt, and cook for  $\frac{1}{2}$  an hour. When macaroni is soft drain it, and add 1 quart brown stock; heat it to boiling point; season with salt and pepper and serve.

### Pea Soup

Put into a stewpan 3 quarts good stock and 1 pint of soaked split peas. Stew gently for an hour with a carrot, an onion, a stick of celery. Season with 2 teaspoons of salt and  $\frac{1}{2}$  teaspoon cayene.

### Potato Soup

Take 5 or 6 large potatoes, with 5 pints of water and a small onion. Boil till it will pulp through a colander, then add a piece of butter the size of a walnut,  $\frac{1}{2}$  pint of cream, cayenne pepper and salt to taste. Warm again before serving.

### Vegetable Soup

1 each carrot, turnip, onion, leek, 2 tablespoons lentils,  $\frac{3}{4}$  pint warm water, little butter, dessertspoon cornflour, a little milk and seasoning. Cut vegetables into small pieces, put into pan with butter, add warm water and lentils. Boil until vegetables are cooked. Add thickening of milk and cornflour and seasoning.



### **Cressy Soup**

Take red part of 6 carrots, 1 turnip, 2 leeks, 1 small head of celery; cut them small, boil in water till tender, strain, rub through colander, add 2 quarts stock and crust bread. Boil 1 hour; season to taste; if too thick, add more stock.

### **Bone Stock**

Any kind of bones, cooked or uncooked, may be used to make bone stock. Put them in a small stew-pan or small stock-pot, add enough water to well cover, and bring to the boil. Skim, add a peeled onion, a carrot and a bay-leaf, and simmer for 2 or 3 hours. Season to taste with salt. This stock may be used in place of water for making gravy, soups, and sauces.

### **Brown Stock (Economical)**

4 lbs. of raw or cooked bones, the neck, cleaned feet, gizzards and liver of a chicken, the bones and rind of ham or bacon, 2 onions (sliced), 2 carrots (sliced), 1 turnip (sliced), a strip of celery (cut into small pieces), 2 ozs. of butter or sweet dripping, 12 peppercorns, 2 cloves, 1 tablespoonful of salt, and 1 quart of water to each lb. of meat and bone. Clean and peel the vegetables. Make the fat hot in a large stew-pan, chop or break the bones into small pieces, drain the vegetables thoroughly. Place the bones, herbs and vegetables in the hot fat, put on the cover of the stew-pan, and fry gently until the whole is quite brown, stirring and turning the ingredients occasionally to prevent anything becoming overcooked. Put in the cold water, salt, peppercorns, and cloves, let it come gently to the boil, and remove the scum as it rises. When clear, put on the cover and simmer gently for 5 or 6 hours. Some of the fat used in frying will rise to the surface during the process of simmering, and should be taken off with a spoon. When done, strain through a sieve into a large basin, and, when cold, remove the fat. Frying the bones and vegetables before adding the water greatly improves the flavour and colour. Time, 6 hours. 1lb. of solid material employed for stock should produce about 1½ pints of stock.



### Vegetable Stock

3 carrots, 2 onions, 1 turnip, 2 tomatoes, 1 stick of celery, 1 head of lettuce, a bouquet-garni (parsley, thyme, bay-leaf), a blade of mace, 12 peppercorns, 2 cloves, 3 ozs. of butter, 2 quarts of water, 1 teaspoonful of salt. Cut the onions, turnips and carrots into thin slices, and the celery into small pieces. Make the butter hot in a stew-pan, put in the vegetables and fry gently for half an hour, keeping the stew-pan covered. In the meantime shred the lettuce, and when the vegetables are sufficiently cooked, add it, together with the tomatoes (sliced), herbs, flavourings, seasonings and water, and bring gently to the boil. Skim off the scum as it rises, then cover and simmer gently for 1½ hours, strain, and it is ready for use. Time, 2 hours. Quantity, about 2 quarts.

### Chicken Broth

1 chicken, 2 quarts of cold water, 1 small onion, 1 teaspoonful of finely-chopped parsley, 1 blade of mace, 1 tablespoonful of rice (this may be omitted), salt and pepper. Cut the chicken into small pieces, break the bones, scald and skin the feet and gizzard, and wash the neck and liver. Put these into a stew-pan, add the water and ½ a teaspoonful of salt, bring to the boil, and skim. Add the onion and mace, and cook slowly for 3 hours. Strain, return to the stew-pan, bring to the boil, sprinkle in the rice, and simmer for 20 minutes. Add the parsley, season to taste, and serve. Time, 3¾ to 4 hours.

### Cheap White Soup

Take knuckle veal, 1 lb. lean bacon, a bunch of herbs, small piece lemon peel. Put in pan covered with 3 quarts water, stew gently 2 hours. Blend 2 tablespoonsful arrowroot with same quantity of cream; stir in ½ pint of milk. Add this to soup; season with ½ teaspoonful of salt and simmer for 10 minutes. Serve with sippets of toast.



# FISH

## Jewish Salmon

Put one large tin of salmon in a double boiler with 2 tablespoons of vinegar. Make a sauce with 1 cup milk, 1 dessertspoon of butter, 1 tablespoon of flour, 1 dessertspoon of Worcestershire sauce, 1 teaspoon made mustard, pinch grated nutmeg, pepper and salt; pour over the fish and serve.

## Scrambled Fish

1 cup cold cooked fish, 3 tablespoons milk, 1 dessertspoon butter, 1 teaspoon chopped parsley, 2 eggs, salt and pepper. Put fish, milk, butter and seasoning in pan, and make hot. Add eggs slightly beaten, stir until it thickens, add parsley. Serve on toast or fried bread.

## Fish Cakes

1 cup cooked fish, 1 cup mashed potatoes, 1 egg or white sauce, salt and pepper to taste, chopped parsley to taste. Flake fish well, removing all bones. Put all dry ingredients into a basin and mix together with egg or sauce. Form into balls in a floured cup, or flat cakes on a floured board. Dip in flour and water mixed to a thin paste. Roll in brown bread crumbs. Fry in deep smoking fat to a golden brown.

## Salmon Patties

Drain contents, break up the fish, add a little melted butter, salt, pepper, grated nutmeg, and enough egg to bind the mixture. Line some patty-tins with short-pastry, fill up the centre with the mixture, and bake in oven.

## Batter for Fish, etc.

4 ozs. flour, 1 egg,  $\frac{1}{2}$  cup tepid milk, 1 tablespoon salad or olive oil, pinch salt. Method:—Dredge salt and flour, break in egg, add milk, and gradually, beating all the time, add oil; beat batter until the surface is covered with bubbles. Let stand awhile, then use as desired.



### Croquettes of Fish

Cooked fish, to  $\frac{1}{2}$  lb. of which allow  $\frac{1}{4}$  lb. of mashed potatoes,  $\frac{1}{2}$  oz. of butter, 1 yolk of egg, 1 whole egg, bread crumbs, milk, salt and pepper, frying-fat. Remove all skin and bone from the fish, then chop it coarsely. Heat the butter in a stew-pan, add the fish, potatoes, yolk of egg, salt and pepper to taste, and sufficient milk to moisten it thoroughly. Stir the preparation over the fire until well mixed, then turn it on to a plate. When cold, form it into cork-shaped pieces, brush over with egg, coat with bread crumbs, and fry in hot fat. Drain well, and serve garnished with crisply-fried parsley.

### Fricassee of Fish

1 lb. of white fish,  $\frac{1}{2}$  pint of milk,  $\frac{1}{4}$  pint of water, 1 oz. of butter, 1 oz. of flour, 1 bay-leaf, 1 blade of mace, 1 pinch of nutmeg, salt and pepper, lemon-juice to taste. Divide the fish into pieces about  $1\frac{1}{2}$  inches square. Put the milk, water, salt and pepper, bay-leaf, mace and nutmeg into a stew-pan, and when warm add the fish. Bring to the boil and simmer for 10 minutes, then take out the bay-leaf and the mace. Have ready the butter and flour (kneaded together), add it in small portions to the contents of the stew-pan, and stir gently. When the flour is mixed smoothly with the liquor, add lemon-juice and seasoning to taste, and serve.

### Fish Chowder

1 lb. of schnapper, 3 or 4 potatoes (peeled and sliced),  $\frac{1}{4}$  lb. of pickled pork (cut into dice), 1 small onion (finely chopped), 3 water biscuits,  $\frac{1}{2}$  pint of milk, 1 pint of water,  $\frac{1}{2}$  teaspoonful of powdered mixed herbs, salt, pepper. Wash and dry the fish, and cut it into small pieces. Place the fish, potatoes and pork in a stew-pan in alternate layers, sprinkling each layer with onion, herbs, salt and pepper. Add the water, cover closely, and cook gently for 40 minutes. Meanwhile soak the biscuits in the milk, beat out all the lumps with a fork, and stir the preparation into the stew about 10 minutes before serving. Add seasoning to taste, and serve hot.



### **Fish Cakes from Tinned Salmon**

1 tin of salmon, 1 lb. of mashed potato, milk, 1 egg, bread crumbs, salt and pepper, frying-fat, parsley. When using cold potato stir it over the fire with a little milk until quite hot and smooth. Chop the fish coarsely, add it to the potato, season to taste, and stir over the fire until thoroughly mixed, adding a little milk if too dry. Let the mixture cool on a plate, then shape into small round cakes, coat carefully with egg and bread crumbs, and fry in hot fat until lightly browned. Drain well, and serve garnished with crisply-fried parsley.

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### **Fish Pie**

1 lb. each of cold fish and mashed potatoes, 2 eggs, 1 tablespoonful of bread crumbs, and 4 ozs. of finely-chopped suet, enough milk to reduce the mixture to the consistency of very thick batter, salt and pepper. Chop the fish coarsely, mix it with the potatoes and suet, add a liberal seasoning of salt and pepper, the eggs and milk, and beat well. Turn into a greased pie-dish, and cook in a moderate oven for  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours. Serve in the dish in which it is baked.

### **Fish and Macaroni**

2 lb. of fish (cooked),  $\frac{1}{2}$  lb. of macaroni, 3 ozs. of grated cheese, 1 oz. of butter, pepper and salt. Remove all skin and bone from the fish, and separate it into large flakes. Break the macaroni into pieces about 1 inch in length, put it into boiling salted water, and boil rapidly until tender. Have ready a well-greased pie-dish, put in a layer of fish, season well with salt and pepper, cover with macaroni, and add a good sprinkling of cheese and seasoning. Repeat until the dish is full. Put the butter in small pieces on the top, and bake for about 20 minutes in a quick oven.

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### Fish Stew

3 or 4 small flounders, 2 tablespoonfuls of bread crumbs, 1 teaspoonful of finely-chopped parsley,  $\frac{1}{8}$  teaspoonful of finely-grated lemon-rind, 2 eggs,  $\frac{1}{2}$  oz. of butter, 1 small onion (chopped), 1 tablespoonful of lemon-juice, mace, ginger, cayenne, pepper and salt. Clean, wash and dry the fish, and cut it into neat fillets. Remove the skin and bones from some of the smaller pieces, and coarsely chop the fish, which should fill 2 tablespoons. To this add the bread crumbs, parsley, lemon-rind; season with salt and pepper, bind with a little beaten egg, and shape into small balls. Melt the butter, fry the onion slightly, add a pinch each of ginger, mace and cayenne, and a little salt and pepper. Put in the filleted fish, barely cover it with hot water, bring to the boil, then lay the forcemeat balls on the top of the fish. Cover with a greased paper, to keep in the steam, simmer gently for 15 to 20 minutes, then transfer to a hot dish. Strain the liquor over the remainder of the beaten eggs, replace in the stew-pan, season to taste, and add the lemon-juice. Stir by the side of the fire until the sauce begins to thicken, taking care that it does not boil, or it may curdle, then pour over the fish, and serve.

### Gurnet, or Gurnard

1 medium-sized gurnet, salt. Clean and wash the fish, and cut off the fins and gills. Have ready just enough warm water to cover it, add salt to taste, put in the fish, bring slowly to near boiling point, and cook gently for 25 or 30 minutes. Serve with anchovy or parsley sauce.

### Gurnet, Baked

1 medium-sized gurnet, veal forcemeat, 2 or 3 slices of bacon, butter, or fat for basting. Empty and wash the fish, and cut off the fins and gills. Prepare the forcemeat as directed, put it inside the fish, and sew up the opening. Fasten the tail in the mouth of the fish, place it in a pie-dish or baking-dish, baste well with hot fat or butter, cover with the slices of bacon, and bake in a moderate oven from 35 to 45 minutes. It may be served with either parsley or anchovy sauce.



### Oyster Omelet

6 eggs, 6 oysters, 1 tablespoonful of white sauce or fish sauce, 1 tablespoonful of milk, salt and pepper, 1 oz. of butter. Blanch the oysters in their own liquor without allowing them to boil, then divide them in halves or quarters, and mix with them the sauce and seasoning to taste. Melt the butter in an omelet pan, when hot pour in the eggs, stir until the mixture begins to set, then place the oyster preparation in the centre, fold the sides in, finish cooking, and serve.

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### Lobster Salad

1 lobster, lettuces, endive, small salad (whatever is in season), a little chopped beetroot, 2 hard-boiled eggs, a few slices of cucumber. For dressing: 4 tablespoonsful of oil, 2 tablespoonsful of vinegar, 1 teaspoonful of made mustard, the yolks of 2 eggs, cayenne and salt to taste,  $\frac{1}{4}$  teaspoonful of anchovy sauce. These ingredients should be mixed perfectly smooth, and form a creamy sauce. Wash the salad, and thoroughly dry it by shaking it in a cloth. Cut up the lettuces and endive, pour the dressing on them, and lightly mix it in the small salad. Blend all well together with the meat of the lobster. Pick the meat from the claws, cut it up into nice square pieces, put half in the salad, and reserve the other half for garnishing. Separate the yolks from the whites of 2 hard-boiled eggs, chop the whites finely, and rub the yolks through a sieve. Arrange the salad lightly on a glass dish, and garnish, first with a row of sliced cucumber, then with the pieces of lobster, the yolks and whites of the eggs, coral and beetroot placed alternately, and arrange in small separate groups, so that the colours contrast nicely. Tinned lobsters may be used.

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## POTTED MEATS, Etc.

### Meat Paste

1 lb. topside steak, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon pepper,  $\frac{1}{2}$  teaspoon powdered mace,  $\frac{1}{2}$  teaspoon nutmeg,  $\frac{1}{2}$  table-spoon anchovy,  $\frac{1}{4}$  lb. butter (or less). Steam steak with little water for 3 hours; when cooked put through mincer; having other ingredients ready mixed, add them, with gravy from meat.

### Potted Meat

Take 1 lb. steak, nearly cover it with water, and stew for  $\frac{1}{2}$  an hour. When cooked mince, then add a little grated nutmeg. Flavour with salt, pepper and cayenne. Mix these with fork, get a glass dish, put in meat and gravy, press it well with a spoon; keep on doing this till dish is nearly full. Melt some butter and pour while boiling hot over top of pressed meat. When butter is set the meat is ready for use.

### Tomato Paste

$\frac{1}{2}$  lb. ripe tomatoes,  $\frac{1}{4}$  lb. cheese, 1 egg, pepper, salt and mustard to taste. Skin and cut up tomatoes. Grate cheese and beat egg, then add pepper, salt and mustard, and cook all together slowly for 20 minutes.

### Fish Paste

5 red herrings. Skin and bone, and put through mincer, with 3 eggs (well beaten), 6 ozs. butter (melted), 3 tablespoons cream, cayenne to taste; simmer over a slow fire for a few minutes, stirring well.

### Tomato Cheese for Sandwiches and Savouries

$\frac{1}{2}$  lb. tomatoes,  $\frac{1}{4}$  lb. cheese, 2 eggs, pepper, salt and small teaspoon mustard. Put tomatoes into boiling water for few minutes, and then peel off skins; cut tomatoes up, also grate cheese, and place both in a pan. Add the eggs, and beat all the mixture; add seasoning, and cook all over slow fire for about 15 minutes. Nice spread on buttered cream crackers.



### **Bloater Paste**

2 lbs. lean beef, 3 red herrings,  $\frac{1}{2}$  bottle anchovy sauce, 2 ozs. butter. Steam beef until tender, scald, skin, and bone herrings; put all through mincer, then mix in sauce and gravy, with a little butter, keeping enough for top of jars.

## **SAVOURIES**

### **Egg and Cheese Fritters**

2 hard-boiled eggs, 2 ozs. cheese, little cayenne, salt, 2 ozs. short pastry—any left over will do. Cut the pastry into rounds with a cutter; cut eggs in slices, place on rounds of pastry, season with grated cheese and cayenne, make into little turnovers, and fry a golden brown.

### **Jellied Beetroot**

Boil 1 cup vinegar,  $\frac{1}{2}$  cup water, 3 tablespoons sugar. Then dissolve 2 dessertspoons gelatine in it, and set aside to cool. Slice cooked beetroot to cover bottom of mould, sprinkle with pepper and salt, pour on a little of the liquid, and repeat until mould is full. When set, turn out and it can be cut into slices.

### **A Savoury Egg Dish**

Slice 6 hard-boiled eggs and place them in a buttered dish. Pour over them a sauce made of 1 tablespoon grated ham, 1 oz. grated cheese, 1 oz. butter, half a cup of stock, pepper, salt, parsley and a squeeze of lemon juice. Cook sauce, pour over eggs, cover with a thick layer of bread crumbs and grated cheese, and brown in a quick oven.

### **Cream Cheese**

$\frac{1}{4}$  lb. grated cheese, 2 tablespoons butter,  $\frac{1}{4}$  cup milk, pepper, salt ( $\frac{1}{4}$  teaspoon). Bring to the boil, add 1 beaten egg, add 2 level teaspoons mustard, mixed with part of the milk kept back for the purpose. Simmer just a minute or two. Cheese that has become too dry for table use will do nicely for this.



### Welsh Rarebit

2 ozs. cheese, 1 oz. butter, 1 saltspoon mustard. Put cheese and butter into a saucepan, and apply gentle heat till soft, then add mustard and seasoning.

### Cheese Fundo

1 pint milk, 1 cup bread crumbs, 1 cup cheese, 3 eggs. Beat yolks, add milk, mix in cheese and bread crumbs; lastly, fold in whites, put in pie-dish, and bake in quick oven; serve hot.

### Braised Rabbit (Stuffed)

1 rabbit, bread crumbs, sage or parsley, 1 onion, 2 slices bacon, pepper and salt. Method:—Soak rabbit in boiling salted water for 1 hour. Prepare stuffing of bread crumbs, finely-chopped onion, sage, parsley, a little butter and pepper and salt. Stuff rabbit and tie into a round. Sift flour over and place in a saucepan containing about a tablespoon of boiling fat. Spread slices of bacon over and cook slowly for about 2 hours, with lid closed.

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### Potato Puff

2 cups mashed potatoes, 1 cup milk, 2 beaten eggs, pinch salt and small piece butter. Beat well and bake in greased pie-dish.

### Cold Meat Rolls

$\frac{1}{2}$  lb. cooked meat, 1 lb. cooked potatoes, 1 cooked onion, butter, flour, pepper and salt, yolk of egg. Method:—Put meat and onion through mincer and season. Mash potatoes, and add to them 1 dessertspoon butter or dripping, whisk over the fire to dry. Turn out on board, add the egg yolk and as much flour as the potatoes will take up or wet. Roll out  $\frac{1}{4}$ -inch thick. Cut into 6-inch squares. Place on each a spoonful of meat. Brush edges with white of egg. Fold over. Bake on a greased tin a light brown, or fry in boiling fat.

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### **Meat Roll**

Finely mince 1 lb. raw beef steak,  $\frac{1}{2}$  lb. bread crumbs,  $\frac{1}{2}$  lb. bacon. Add 1 teaspoon nutmeg,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon pepper, and 2 eggs. Mix all thoroughly and form into roll. Tie in cloth and boil 3 hours. Do not remove from cloth till cold. This is good for picnics or week-ends.

### **Savoury Sausage**

Skin and cut up 1 lb. (or more) of sausages, and put into a batter made of  $\frac{1}{2}$  lb. flour, 2 eggs and 1 pint of milk, salt to taste and  $\frac{1}{2}$  teaspoon baking powder. Bake in a moderate oven.

### **Dominion Sausage**

1 lb. beef steak, 1 lb. fat bacon,  $\frac{1}{2}$  lb. bread moistened, 1 teaspoon salt,  $1\frac{1}{2}$  teaspoons pepper, grated nutmeg to taste. Mince all together, mix with 2 eggs, put in cloth and boil three hours; let stand in cloth till cool.

### **Steak and Kidney Pie**

1 lb. stewing steak, 1 sheep's kidney, 1 onion, 1 tablespoon flour. Mince meat, kidney and onion, place in saucepan with 1 pint cold water, and boil 15 minutes. Mix flour with a little water, add to meat and boil two minutes. Add pepper and salt to taste, and remove from fire; place in pie-dish to cool. Cover with short pastry, and bake about  $\frac{3}{4}$  hour.

### **Tomato Egg (Savoury)**

Skin 2 lbs. of tomatoes by pouring boiling water over them and letting them stand for a few minutes. Heat with 1 tablespoon of butter until pulpy. Add 1 beaten egg, pepper and salt. Serve on buttered toast.

### **Bacon and Egg Pie**

Slices of bacon (rinds removed), 1 egg for each person, seasoning of pepper and salt, short pastry. Roll pastry out very thin, and line a flat dish. Cover pastry with bacon, and season it with pepper. Break eggs into the centre, and season with salt and pepper. Add rest of bacon, cover with pastry, and bake in a moderate oven about 30 minutes.



### Stuffed Tomatoes

4 tomatoes, 2 ozs. bread crumbs, 1 teaspoon chopped onion, 1 teaspoon chopped parsley, 2 teaspoons brown sauce, 2 teaspoons brown bread crumbs, 2 teaspoons grated cheese, 2 dessertspoons butter. Melt butter and cook onion and parsley in it till tender. Add bread crumbs, sauce, a little cheese, and the pulp from the tomatoes; cut a slice off the top of tomatoes, and fill with the mixture. Replace top, sprinkle with brown crumbs and grated cheese, and place in oven until the skins wrinkle.

### Savoury Steak

1½ lbs. blade steak, 2 tablespoons flour, 1 tablespoon vinegar, 1 tablespoon tomato sauce, 1 tablespoon Worcester sauce, 1 teaspoon salt, ½ teaspoon mustard, pinch baking soda. Cut steak into medium-sized pieces, then mix other ingredients together, and add to them gradually 2 cups cold water, pour over steak, and stir till it comes to the boil; cook gently at least 2 hours. Sausages can be cooked the same way.

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### Raised Pie

1 lb. flour, 4 ozs. dripping or lard, 2 teacups milk and water, 1 teaspoon salt. Meat Part: Some raw or cooked minced and nicely-seasoned meat, such as veal and ham, mutton, beef or pork. Method: Put flour and salt into a basin. Boil milk and dripping, and stir into the flour. Turn on to a floured board and knead lightly. Divide the dough into 8 equal parts, and keep warm over a basin of hot water. Take a portion, cut off a small piece for the lid, and roll the larger piece into a ball. Make a hollow in the centre, and shape with fingers and thumb. Fill with moistened meat. Roll out the piece for the lid. Moisten edges and join together, make a hollow in the centre, brush with beaten egg or milk, and bake in a good oven about ¾ hour.



### Steamed Stew

Cut steak up into small squares, and put alternately in a basin onion, steak and a mixture of a tablespoon of flour, teaspoon of sugar, carbonate of soda enough to cover a threepence, salt and pepper to taste, mixed to a stiff paste with vinegar, and half a cup of water. Steam for  $2\frac{1}{2}$  hours.

### Vegetable Stew

3 carrots, 3 turnips, 1 onion and peas if in season, pepper and salt to taste. Cut vegetables small and just cover with water. Cook gently till soft, then add some milk and thicken with cornflour.

### Tomato Savoury

6 large tomatoes, 2 eggs, milk, butter, pepper and salt. Method:—Skin tomatoes, cut up, and place in saucepan with a little butter, pepper and salt. When quite soft add beaten eggs and stir until mixture thickens. Pile on buttered toast and serve very hot.

## MEAT DISHES

### Cuts of Meat and How to Cook Them

#### ROASTING

*Beef.*—Sirloin, wing rib, rolled ribs, topside.

*Mutton.*—Leg, shoulder, loin, saddle.

*Pork.*—Leg, loin, fillet.

*Veal.*—Shoulder, loin, leg, fillet.

#### TIME FOR COOKING:—

*Beef.*—15 minutes every pound, and 15 minutes over.

*Mutton.*—20 minutes every pound, and 20 minutes over.

*Pork.*—30 minutes every pound, and 30 minutes over.

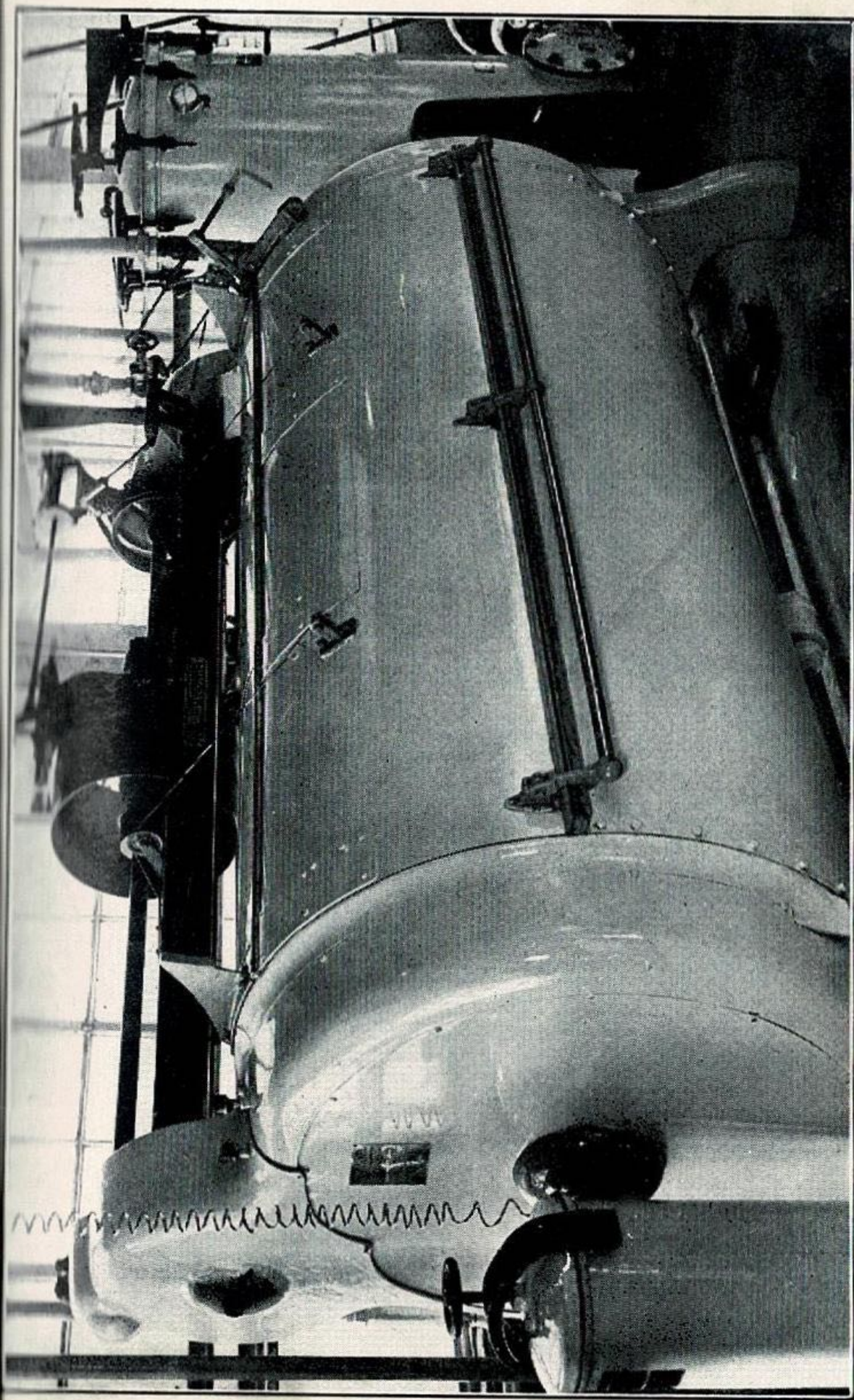
#### BOILING

*Corned Beef.*—Silverside, brisket, ox tongues.

*Mutton.*—Leg, sheeps' tongues, corned breast.

*Pork.*—Breast, pig's cheek, ham.

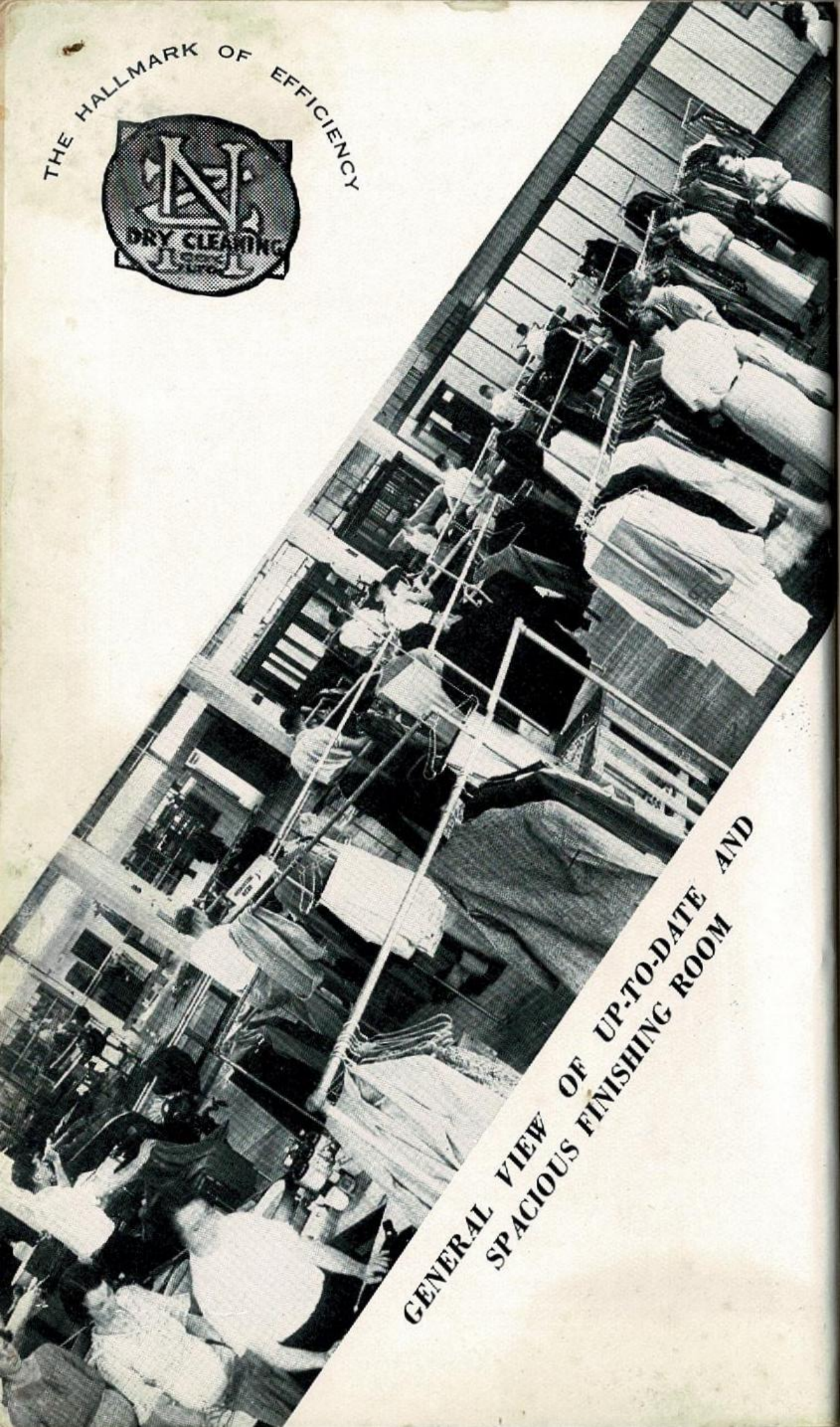




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**TIME FOR COOKING:—**

*Salt Meat.*—About 30 minutes every pound, and 30 minutes over.

*Fresh Meat.*—About 20 minutes every pound, and 20 minutes over.

**POT ROASTING**

Topsidē, wing rib, blade-bone steak, etc. Any meat inclined to be tough and dry.

**GRILLING**

Rump and fillet steak, loin chops, cutlets.

**STEWING**

Shin meat, skirt, blade-bone or chuck steak, ox tail, tripe, neck chops or breast of mutton.

**FRYING**

Liver, bacon, kidney, pork chops, loin chops, brains, sausages, cutlets.

**TO ROAST MEAT**

Place meat in baking dish, dredge with flour, sprinkle with salt and pepper, and cover with dripping. Bake in hot oven half an hour, then cook slowly, basting frequently.

**TO POT ROAST MEAT**

Put 1 tablespoon dripping in saucepan, make very hot, then place in well-floured meat, brown on all sides, then add an onion (cut in quarters), and 1 cup boiling water. Simmer very slowly.

**TO BOIL MEAT**

Place fresh meat in boiling salted water, salt meat in warm water, and bring slowly to boil. Boil briskly for 10 minutes, remove scum, then simmer gently.

**MEAT****To Boil Meat**

*Fresh Meat* — Put the meat into a saucepan with sufficient boiling water to cover, and some prepared vegetables. Boil 5 minutes, add a teaspoon of salt, then simmer gently till done. Place meat on a hot dish, garnish with vegetables, and serve with parsley sauce.



**Salt Meat**—Salt meat should be put into cold water and time taken when water boils. Add 1 dessertspoon vinegar and sugar.

**Time**—Fresh meat, 20 minutes for each pound, and 20 minutes added to total. Salt meat, 30 minutes for every pound, and 30 minutes added to total.

### To Roast Meat

Heat some dripping in a baking dish, dredge meat with flour and put in. Place in hot oven (450 deg.), cooking quickly for about 10 minutes to keep juice in, then slowly cooked. Baste often. When done, place the meat in a hot dish and make gravy as follows:—Pour off most of the fat, sprinkle some flour into the baking tin, stir, then brown well. Add some hot water, salt and pepper, stir over the fire, boil a minute or so, strain and serve.

**Time**.—15 minutes to every pound and 15 minutes over on total for red meat; 20 minutes to every pound and 20 minutes over on total for white meat.

When cooking meat and milk pudding in oven together, put meat in centre of oven, and when well browned put pudding on scone tray underneath. Turn heat to "low." For pies, when meat is brown place it on bottom rack, pie in centre of oven, and then when pastry is brown turn heat down.

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### Beef Steak Pudding

8 ozs. bread crumbs, 8 ozs. flour, 1 teaspoon baking powder, 1lb. steak,  $\frac{1}{2}$  lb. suet, 3 kidneys, seasoning, salt and pepper to taste. Mix bread crumbs, flour, salt and baking powder together, then add enough cold water to make a stiff paste. Roll out, cut, and line a basin, leaving a small hole at bottom of paste. Cut up steak and kidney small, dredge with flour, add pepper and seasoning. Cover with a thick layer of paste and boil about 3 hours.



### **Tripe (Stewed)**

$\frac{1}{2}$  lb. tripe, 2 onions, 1 teacup milk, 1 teacup water, salt and pepper to taste, 1 tablespoon flour. Wash the tripe and cut in pieces not too small. Put in saucepan with onions sliced, seasoning, milk and water. Bring to the boil and simmer gently for about 2 hours. Thicken with flour mixed smooth with a little cold milk or water. Can be curried if desired.

### **Tripe and Tomatoes**

1 lb. honeycomb tripe, 1 onion, 4 tomatoes, salt, and pepper, 1 dessertspoonful butter, 1 dessertspoonful flour (heaped), triangles of toast. Put the tripe into a saucepan, cover with cold water, bring just to the boil, strain. Put into fresh water with a little salt, and the onion (peeled and left whole); cook till the tripe is tender. Drain and cut into neat pieces. Cut the tomatoes up roughly, cook for about 10 minutes, strain through a sieve or colander. Melt the butter, add the flour, stir till smooth, cook for 1 minute, add the tomato puree to the butter, and flour, stir till boiling, add the tripe, season to taste, re-heat, and serve garnished with small triangles of toast.

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*Underclothes contact with the Body.*  
*Outer Clothes contact with the World.*

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### **Steak and Kidney Pie**

1 lb. bladebone or topside steak, 1 or 2 sheep's kidneys, flour, pepper and salt, 1 small onion,  $1\frac{1}{2}$  tablespoonsful fat,  $1\frac{1}{2}$  cups water, 8 ozs. rough puff pastry. Soak the kidneys in salt and water for some time. Remove the skin and hard core and cut into small pieces. Cut the meat into neat pieces, roll in the flour, pepper and salt. Make the fat hot, fry the steak and kidney till brown, then the onion (finely minced); add remainder of flour, and brown. Next add the water, stir till boiling. Simmer slowly till tender, about  $1\frac{1}{2}$  hours. When cold, cover with the pastry, decorate with a rose and leaves, cut out from the scraps of pastry; glaze and cook in a moderately hot oven at first, later reducing the heat till the pie is cooked.



### Steak and Kidney Pudding

1 lb. topside or round steak, 2 sheep's kidneys, 1 small onion (minced), 1 dessertspoonful flour, 1 teaspoonful salt, pepper, water, 8 ozs. suet pastry. Wash and soak the kidneys in salt and water. Cut the steak into small squares, skin the kidneys, cut in halves, and remove the core, and cut kidneys into dice. Mix meat, kidney, onion, parsley, flour, pepper and salt together. Make the pastry, cut one-third off, place on one side. Roll the larger piece out, line a greased basin evenly with it, add the meat mixture, fill three parts full with cold water, moisten round the edge. Roll smaller piece of pastry out, place on top, trim and press edges together. Tie a floured pudding cloth securely over, plunge into plenty of boiling water, boil rapidly two to three hours, adding more boiling water if necessary. When cooked, lift out, remove cloth, serve in the basin in which pudding was cooked. Arrange a folded serviette round the basin. NOTE.—Send jug of hot water to table to add to gravy when serving pudding.

### Knuckle of Veal, Stewed

A knuckle of veal, 5 lbs. or 6 lbs. in weight, a piece of ham or bacon to boil, or a few slices to roll and fry, 3 tablespoonsful rice, 1 onion, 1 small carrot,  $\frac{1}{2}$  a small turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, parsley sauce. Separate shank bone; put it with the meat into a saucepan containing sufficient boiling water to cover, bring to the boil, skim well, add the vegetables (cut into dice), the herbs, and salt to taste. The ham or bacon should be boiled separately. The veal must be gently simmered for about 3 hours. At the end of 2 hours the rice should be well washed and added to the contents of the saucepan. Remove the meat from the broth, and keep it hot. Take out the bones and bouquet, season the broth to taste, and serve separately. Pour a little parsley sauce over the meat, and serve the remainder in a tureen. Send the ham or bacon to table on a separate dish.



**Suet Dumplings (for Stews, etc.)**

$\frac{1}{2}$  lb. flour, 4 ozs. chopped suet, pepper and salt to taste,  $\frac{1}{2}$  teaspoon baking powder, 1 dessertspoon chopped parsley, cold water. Mix all the dry ingredients, rubbing suet into flour, and make all into a stiff paste with cold water. Cut and roll into balls, covering the outsides with flour, which prevents breaking. When ready, drop them into the stew, which must be boiling slowly, and cook for half hour longer.

**Veal Cutlets**

1 lb. veal cutlets, 2 rashers bacon, 2 good tablespoonsful dripping, 1 tablespoonful flour mixed with a little pepper and salt, egg glazing, 3 tablespoonsful bread crumbs, chopped parsley, little grated lemon-rind, mashed potatoes,  $\frac{1}{2}$  pint brown sauce. Mix the parsley and lemon-rind with the bread crumbs. Cut the veal into rounds, flatten with a cutlet bat or knife. Roll them in the flour, dip in egg glazing, and cover with the seasoned bread crumbs. Make the fat hot; fry the cutlets till tender (about 10 to 15 minutes), turning frequently. Remove rind from bacon, cut into 2-inch pieces, thread on a skewer, and grill or bake in the oven. Serve the cutlets on a bed of mashed potatoes, garnish with the rolls of bacon and brown sauce poured round.

**Sea Pie**

1 lb. topside or round steak, 1 small onion, 1 carrot, 1 white turnip, 1 teaspoonful salt, pepper, 1 dessertspoonful flour,  $1\frac{1}{2}$  cups water, 4 ozs. suet pastry (4 ozs. flour,  $\frac{1}{4}$  teaspoonful baking powder, 2 ozs. suet, 3 tablespoonsful water. Cut the meat into small pieces. Peel the onion and turnips, scrape the carrot, wash, and cut into small dice. Season the meat with the salt, pepper and flour. Place in a saucepan in layers with the vegetables. Pour the water over and simmer gently for half an hour. Make the pastry roll into a round shape, the same size as the lid of the saucepan, lift pastry on to the meat. Place lid on, simmer slowly another hour and a half. To serve, cut the pastry into six triangular pieces. Place meat and vegetables in a hot dish and replace the pastry on the top.



### Meat and Potato Pie

$\frac{1}{2}$  lb. pastry, 1 lb. beef steak, 2 or 3 potatoes, 1 onion, salt and pepper to taste. Fill the pie-dish with meat, seasoning, onion and potatoes cut into dice. Add a little water, make the pastry and roll out. Damp edge of dish, put on one strip of pastry, damp again, then put on lid. Brush over with milk, and make a hole in centre. Bake about 1 hour or more, according to size.

### Irish Stew

2 lbs. neck of mutton (or stewing chops), potatoes (about 6), 3 onions (other vegetables if desired), pepper and salt, water (about 2 breakfast cups). Trim fat off the meat and cut into chops. Pare and halve the potatoes, cut the onions into thick slices. Place meat in a saucepan, add warm water, then vegetables and seasoning. Bring to the boil, then simmer till meat is tender—about  $1\frac{1}{2}$  hours.

### Sheep Tongue Shape

3 or 4 sheep tongues, water, 2 dessertspoons granulated gelatine, salt and pepper. Boil tongues gently till tender, then skin and cut into slices. Fill basin or round cake tin with slices, arranging nicely, then dissolve gelatine in 2 cups of the hot stock in which tongues have been boiled, add seasoning, pour over tongues, and let set. Turn out, garnish with shredded lettuce, sliced tomato, parsley, etc., and serve.

### Deville Chicken

Pieces of cold cooked chicken, 1 tablespoonful chutney, 1 good teaspoonful mustard, pinch of salt and cayenne, 1 oz. butter, browned crumbs. Mix the chutney, mustard, salt and cayenne into a paste. Melt the butter, brush it over the pieces of chicken, then mash with the paste. Sprinkle with the browned crumbs. Place in a casserole with a little butter, heat in a moderate oven for about 20 minutes. Garnish with well-washed watercress.



## PUDDINGS, Etc.

### Useful Pudding Basis

Cream  $2\frac{1}{2}$  ozs. butter and 3 ozs. castor sugar, add 1 or 2 eggs and beat well, pour in  $\frac{1}{2}$  cup milk, lastly 6 ozs. flour, 1 teaspoon baking powder (any essence preferred), steam  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours.

From this mixture can be made: Devon Pudding, add 3 tablespoons sultanas; College Pudding, by putting 2 tablespoons of jam on bottom of basin; Date Pudding, with  $\frac{1}{4}$  lb. of dates; Cocoanut Pudding, add 3 tablespoons cocoanut, 2 tablespoons more milk, 4 drops essence of almonds; Chocolate Pudding, 1 tablespoon cocoa,  $\frac{1}{2}$  teaspoon vanilla essence.

### Bolton Pudding

3 ozs. flour,  $1\frac{1}{2}$  ozs. butter or dripping,  $1\frac{1}{2}$  ozs. sugar, 1 teaspoon baking powder, 1 egg,  $1\frac{1}{2}$  tablespoons milk. Put into buttered basin with jam at bottom and steam 1 hour.

### Marmalade Pudding

Sufficient for 6 or 8 persons— $\frac{3}{4}$  lb. flour,  $\frac{1}{4}$  lb. bread crumbs,  $\frac{1}{2}$  lb. suet,  $\frac{1}{2}$  lb. marmalade,  $\frac{1}{2}$  lemon (grated rind),  $\frac{1}{4}$  teaspoonful carbonate of soda, 2 ozs. sugar, about  $\frac{1}{2}$  pint water to mix. Method: Chop the suet finely and mix with the flour. Make the bread crumbs and add to flour and suet, add the sugar, grated lemon rind and carbonate of soda. Mix these all together. Make a hole in centre and put the marmalade in it. Add the water and mix with the other ingredients: it should be about the consistency for a cake. Put in a greased basin, cover with greased paper and pudding cloth, and tie round tightly. Put in a saucepan of boiling water, and steam for  $2\frac{1}{2}$  hours to 3 hours. Turn on to hot dish.

### Handy Steam Pudding

2 tablespoons butter, 4 tablespoons sugar, 6 tablespoons milk, 8 tablespoons flour, 1 egg, 1 teaspoon baking powder. Cream butter and sugar, add egg (beaten), and mix in flour and baking powder. Line a basin with dates and pour mixture in. Steam 1 hour.



### Ginger Pudding

1 cup flour,  $\frac{1}{2}$  cup minced suet,  $\frac{1}{2}$  small teaspoon mixed spice, 1 teaspoon ground ginger, 2 tablespoons sugar, 1 tablespoon treacle dissolved in  $\frac{1}{2}$  cup warm milk, 1 tablespoon peel, 1 small teaspoon baking powder. Mix all dry ingredients, then add milk and treacle. Put in greased pudding mould and boil or steam 2 hours.

### Vere Pudding (Steamed)

6 ozs. flour, 3 ozs. sugar,  $\frac{1}{2}$  teaspoon carbonate of soda, 4 ozs. butter or fat, 1 egg, 3 tablespoons milk, 2 ozs. raisins, 1 tablespoon jam, 1 oz. sultanas. Method: Cream butter and sugar, add egg, beat well, add milk, sift flour, soda and pinch of salt, jam and fruits. Mix well. Put in greased basin, cover with greased paper, and steam  $1\frac{1}{2}$  hours. Serve hot with sauce.

### Custard Pudding

1 cup flour, 1 small cup milk, 1 tablespoon sugar, 2 tablespoons jam, 1 level teaspoon carbonate of soda, 1 tablespoon butter. Cream butter and sugar, mix in milk, soda and flour, then jam. Put a little jam in bottom of basin. Steam  $1\frac{1}{2}$  hours.

### Syrup Sponge Pudding

$\frac{1}{2}$  lb. flour,  $\frac{1}{4}$  lb. suet,  $\frac{1}{2}$  cup sugar, 2 teaspoons ground ginger, pinch of salt,  $\frac{1}{2}$  teaspoon baking soda, 1 teacup syrup, 1 teacup milk, 1 egg. Method: Sift flour and salt; shred and chop suet finely. Mix dry ingredients; beat egg, add milk and syrup to it. Add liquid to dry ingredients; pour into greased bowl, cover with greased paper, and steam 2 hours. Serve with syrup sauce. (Dates can be added if preferred to ginger, or dates as well as ginger.)

### Hot Water Pudding

1 cup flour, 1 cup boiling water,  $\frac{1}{2}$  cup sultanas,  $\frac{1}{2}$  cup currants, 1 dessertspoon butter, 1 dessertspoon sugar, 1 small dessertspoon soda,  $\frac{1}{2}$  teaspoon vanilla essence. Rub butter into flour, add sugar, fruit and soda; pour in boiling water and mix well. Place in greased basin, and steam 2 hours. Serve with custard.



### Treacle Sponge Pudding

6 ozs. flour, 3 ozs. suet, 1 egg, 6 ozs. golden syrup, 1 heaped teaspoon baking powder, 2 tablespoons milk. Put in buttered basin and boil 2 hours.

### Ice Cream Pudding

1 tablespoon butter, 2 of sugar, 1 (heaped) of flour. Mix butter and sugar and beat well, then flour, vanilla to flavour; beat in 1 egg, and pour over all 1 pint boiling milk. Bake in moderate oven  $\frac{1}{2}$  hour. Nice hot or cold with fruit.

### Quick Pudding

$1\frac{1}{2}$  cups flour, 1 level teaspoon soda, 2 teaspoons cream of tartar, butter size of a walnut. Mix to soft dough with milk and water; put into a basin and pour over in this mixture: 1 tablespoon syrup,  $\frac{1}{2}$  small cup sugar, 2 ozs. butter, 1 small cup boiling water. Steam  $\frac{1}{2}$  hour without cover on basin, put lid on pot. Don't turn out to serve, as mixture is all on the bottom of basin.

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### Lemon Pie

$2\frac{1}{2}$  teaspoons of cornflour, which mix thoroughly in little cold water, add  $1\frac{1}{2}$  pints of boiling water, add the juice and grated rind of  $2\frac{1}{2}$  lemons, and  $\frac{1}{2}$  cup sugar and yolks of 2 eggs, mixing them well into cornflour. Line two pie-dishes with pastry, and fill with mixture. When cooked spread over with white of eggs, well beaten, and set in oven to brown slightly.

### Christmas Pudding (without Eggs)

$\frac{3}{4}$  lb. suet, 4 heaped cups flour, 1 heaped cup sugar, 1 lb. sultanas, 1 lb. currants,  $\frac{1}{4}$  lb. peel,  $\frac{1}{4}$  lb. dates,  $\frac{1}{4}$  lb. figs,  $\frac{1}{2}$  teaspoon mixed spice, 2 teaspoons baking soda, 1 cup bread crumbs. Mix with milk, make into two puddings, and tie in cloth. Boil 6 hours.



### **Plum Pudding**

$\frac{1}{2}$  lb. flour,  $\frac{1}{4}$  lb. bread crumbs, 1 teaspoon soda,  $\frac{1}{4}$  lb. suet. Boil in cup milk,  $\frac{1}{4}$  lb. sultanas, raisins and currants, a little peel, spice and ginger,  $\frac{1}{4}$  lb. sugar. Steam in mould for  $2\frac{1}{2}$  hours.

### **Baked Stuffed Apples**

6 cooking apples (cored), 1 cup seed raisins or sultanas,  $\frac{1}{2}$  cup brown sugar, 1 teaspoon cinnamon. Small lump of butter in each apple.

### **Baked Apple Roll**

1 cup flour, rubbed in 1 tablespoon butter; add 2 teaspoons baking powder, add milk and mix into soft dough, roll out and spread with butter and chopped apple and sugar, also nutmeg. Place in buttered pie-dish, then pour over  $\frac{1}{2}$  cup hot water, with 1 tablespoon sugar and 1 of butter mixed together. Bake in moderate oven for  $\frac{3}{4}$  hour.

### **Polly's Pudding (Tested)**

1 cup of flour,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup milk, 2 tablespoons butter, 1 teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon soda, 1 egg, and pinch of salt. Bake in enamel dish, about 20 minutes.

### **Raisin Roll**

2 cups flour, 2 level teaspoons baking powder, salt, 4 tablespoons butter, 4 tablespoons sugar, milk to mix. Sift flour, baking powder, and salt. Rub in half of the butter and mix with milk. Roll out about  $\frac{1}{2}$  inch thick, cover well with raisins and currants, chopped apple and spice. Roll up, put in baking dish, take rest of butter mixed in  $\frac{1}{2}$  cup boiling water and pour over. Bake 30 to 45 minutes.

### **Sponge Crust**

2 tablespoons sugar, 1 egg, 1 cup flour, 1 tablespoon butter, 1 teaspoon baking powder, 4 tablespoons cold water. Rub butter into flour, sugar, etc., beat egg, add water and mix. Pour on hot stewed fruit. Bake  $\frac{1}{2}$  an hour.



### Small Puddings

Pour  $\frac{1}{2}$  pint boiling milk over 4 ozs. of grated bread crumbs, add 3 ozs. melted butter, 4 well-beaten eggs and sugar to taste. Bake in cups for  $\frac{1}{2}$  hour. Serve with sweet sauce.

### Lemon Fluff

4 heaped tablespoons Glaxo,  $1\frac{1}{2}$  cups water,  $\frac{1}{2}$  oz. powdered gelatine, 3 tablespoons sugar, about  $\frac{1}{2}$  teaspoon lemon essence,  $\frac{1}{2}$  teaspoon tartaric acid, few drops yellow colouring, whites of 3 eggs. Soak the gelatine in the half cup cold water for 5 minutes or longer, add sugar, and dissolve gelatine and sugar over slow fire. Mix Glaxo to a smooth paste with a cup of boiling water and add to gelatine mixture. Add essence and let mixture get cold and on the point of setting. Add whites beaten stiffly, also acid, colouring and essence. Pour into moulds and turn out when set.

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**See our FRENCH PLEATING CHARTS**  
*on page 57.*

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### Pumpkin Pie

Line a deep plate with pastry. For the filling, boil pieces of pumpkin (enough to fill plate) in salted water till soft, strain and mash with a little spice, qr. cinnamon, qr. ginger, nutmeg, grated lemon or orange peel, a little tartaric acid (rather less than  $\frac{1}{4}$  teaspoon) or lemon juice, a teaspoon or more of butter, and sugar to sweeten. Any of the spices may be omitted, according to taste, and for a change raisins, currants or sultanas may be added. While still warm, fill the dish, cover with pastry and bake.

### Jubilee Tart

4 tablespoons cornflour, 4 tablespoons flour, 1 tablespoon sugar, 1 teaspoon baking powder; rub in 4 ozs. butter, make into a dough with yolk of an egg and a little milk. Cover a dish and bake 15 minutes. Fill with any stewed fruit, beat white of egg to a stiff froth, spread on top and put in oven till brown.



### **Milk Jelly for Invalids (Tested)**

Heat 1 pint of milk with  $\frac{1}{2}$  lb. sugar and, when sugar is dissolved, continue the heat at boiling temperature for 10 minutes. Now cool it well, and then add (slowly stirring) a solution of  $\frac{1}{2}$  oz. gelatine in a half cup of water, next add juice of 2 lemons, and if desired  $1\frac{1}{2}$  wine-glasses of port wine or brandy. Set the glasses in a cold place, so that they will gelatinise. It is necessary that the milk be quite cold before other ingredients are added, as it would otherwise curdle.

### **Coronation Pudding**

1 cup flour, 1 cup raisins, peel and sultanas,  $\frac{1}{2}$  cup sugar. Mix all the above ingredients together, then dissolve 1 tablespoon butter in  $\frac{1}{2}$  cup boiling water, add 1 teaspoon soda, and when dissolved add 1 tablespoon of cold water. Add to dry ingredients. Mix over night. Steam 4 hours.

### **Good Steamed Pudding**

2 ozs. butter,  $\frac{1}{2}$  cup milk, 2 ozs. sugar, 1 teaspoon baking powder, 1 egg,  $\frac{1}{4}$  lb. flour, pinch salt. Cream butter and sugar, add egg, milk and lastly flour and baking powder. Put 3 tablespoons golden syrup or jam in basin before pouring in the mixture. Steam 1 hour 20 minutes.

### **Pineapple Betty**

1 breakfast cupful of bread crumbs,  $1\frac{1}{2}$  cups of chopped tinned pineapple,  $\frac{1}{2}$  cupful of pineapple juice, a little powdered cinnamon. Put alternate layers of bread crumbs and pineapple in a buttered pudding dish, sprinkle each layer with sugar and a little cinnamon, put on a generous top layer of crumbs and dot with bits of butter, pour the pineapple juice over all and bake in a moderate oven for 20 minutes or until a nice brown on top.

### **Siberian Cream**

Soak 1 pkt. (6d.) of gelatine in 1 quart of milk until soft, then boil. Add the yolks of 4 eggs (well beaten) with a teacup of sugar, and boil until they curdle. Beat the whites to a stiff froth, stir quickly, add vanilla, and pour into mould and set.



### Banana and Apple Tart

Stew some apples, adding sugar and cinnamon; when nearly cooked add 3 large bananas (sliced). Make a short crust—1 cup flour, 1 teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon carbonate of soda, pinch salt; rub in 1 dessertspoon sugar and 1 dessertspoon butter. Mix to a soft dough with milk. Line pie plate and pour in hot fruit and bake in hot oven.

### Lemon Sponge (Dessert)

3 breakfast cups water, juice 2 lemons (or oranges) and the grated rind of one. 1 breakfast cup sugar, 1 tablespoon butter. Boil together for 6 minutes. Beat yolks of 2 eggs, add 1 heaped tablespoon of cornflour (dissolved in water) to eggs. Add to mixture and stir till it thickens. Beat whites of 2 eggs with a pinch of salt, remove saucepan from stove and stir in the whites. Takes about 4 hours to set. Serve with fruit.

### Cake Pudding

2 teacups flour, 1 teacup milk, 1 teacup sugar, 2 ozs. dripping, 2 teaspoons baking powder, essence almonds, sultanas or currants. Bake 1 hour.

### Frizzy Tarts

8 ozs. flour, yolks of 2 eggs, 5 ozs. butter, 1 teaspoon baking powder, 2 ozs. sugar, little milk. Method: Cream butter and sugar, add yolks of eggs, beat well, mix in flour and baking powder and enough milk to make stiff enough to roll out. Cut into shapes to fit patty pans, spread with a little jam. Beat the 2 whites of egg and 1 cup sugar and put on top. Bake about 15 minutes.

### Spanish Cream

1 quart milk, 5 eggs,  $\frac{1}{4}$  lb. sugar, 1 oz. gelatine dessertspoon butter, flavouring of vanilla, lemon or coffee essence. Soak the gelatine in a cup of water. Boil the milk and dissolve the gelatine in it, stirring well. Take off fire, cool a little, and add the sugar and the beaten yolks. Keep stirring and bring it nearly to boiling point again. Cool and add the flavouring and the whites beaten stiff. Place in wet moulds and turn out when set.



# CAKES

## Sponge

3 eggs, 1 cup sugar, 1 cup flour, 1 teaspoon baking powder, 2 tablespoons hot water. Method: Beat eggs and sugar until creamy, add flour and baking powder, and lastly add hot water. Bake in a moderate oven about 20 minutes.

## Sponge Sandwich (very reliable)

3 eggs,  $\frac{3}{4}$  cup sugar, 1 cup flour, 1 teaspoon baking powder, 3 tablespoons hot milk, piece of butter (about dessertspoonful). Method: Beat eggs, add sugar, beat well, add hot milk with butter dissolved in it, beat again, lastly fold in flour and baking powder. Bake in two sandwich tins about 12 to 15 minutes in hot oven.

## Lemon Sponge Cake

1 cup flour, 1 cup sugar, 3 eggs, 2 tablespoons sweet milk, 2 tablespoons melted butter, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon essence lemon. Bake for  $\frac{1}{2}$  hour. Ice top.

## Sponge Cake (very good)

1 cup flour, 3 or 4 eggs (beaten well),  $\frac{1}{2}$  cup sugar, 2 tablespoons hot milk, 2 ozs. melted butter (together), 1 teaspoon baking powder. Cook in fair-sized sandwich tins.

## Ginger Sponge (Tested)

6 ozs. butter, 2 eggs,  $\frac{1}{2}$  teacup sugar,  $\frac{1}{2}$  cup golden syrup,  $\frac{1}{2}$  teacup milk, with a small teaspoon of soda in it, a little salt, 1 dessertspoon of ground ginger, and then add enough flour to make it the thickness of a sponge.

## Sponge

3 eggs, 1 cup sugar,  $\frac{1}{2}$  teaspoon baking soda, 1 level teaspoon cream of tartar, 1 cup flour, 1 tablespoon boiling water, 1 teaspoon vinegar. Method: Beat eggs and sugar well together, add the baking soda dissolved in the hot water, then the sifted flour and cream of tartar, and lastly the vinegar.



### Arrowroot Sponge

Beat 3 eggs for 5 minutes, add  $\frac{1}{2}$  cup sugar, beat for 5 minutes, add  $\frac{1}{2}$  cup of arrowroot and beat another 5 minutes, fold in 1 teaspoon baking powder and bake about  $\frac{1}{2}$  hour in good oven.

### Butter Sponge

3 ozs. butter, 3 eggs, 3 tablespoons milk, 1 level cup sugar, 1 heaped cup flour, 3 teaspoons baking powder. Method: Cream butter and sugar, beat in 1 egg well. Then add flour, milk and 2 eggs, beat well for 3 minutes, and lastly add baking powder.

### Ginger Sponge

4 teacups flour, 1 dessertspoon spice, 1 teacup sugar, 1 dessertspoon ginger, 1 teacup milk, 1 teaspoon baking powder, 1 teacup butter, 1 teaspoon soda, 1 teacup treacle, 2 well-beaten eggs. Beat butter and sugar, add eggs, then treacle and milk, then flour, to which powders have been added. Bake in patty tins.

### Chocolate Sponge

$\frac{1}{4}$  lb. butter, 1 cup flour, 5 ozs. sugar, 3 eggs,  $\frac{1}{2}$  teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon baking soda, 1 tablespoon raspberry jam, 3 tablespoons cocoa mixed to a thick paste with boiling water. Put in butter, mix well, add sugar, then eggs, flour and jam. Bake in flat tin and ice with chocolate icing and decorate with walnuts.

### Coffee Sponge

Beat 3 ozs. butter and 6 ozs. sugar to a cream. Add 3 eggs and beat, then add  $4\frac{1}{2}$  ozs. flour and  $1\frac{1}{2}$  ozs. cornflour, and 1 teaspoon baking powder, 1 dessertspoon coffee essence and  $1\frac{1}{2}$  tablespoons milk. Bake 20 minutes in a fairly quick oven.

### Khaki Sponge

$\frac{1}{4}$  lb. flour,  $\frac{1}{4}$  lb. butter,  $\frac{1}{4}$  lb. sugar, 2 eggs, 1 tablespoon cocoa, 2 tablespoons desiccated cocoanut, 2 tablespoons milk, 2 teaspoons baking powder. Method: Beat butter and sugar, add eggs and milk, then all dry ingredients, lastly baking powder. Bake 20 minutes.



### Sultana Cake

1 lb. flour,  $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb. sultanas,  $\frac{1}{2}$  lb. sugar, 4 eggs, 3 ozs. peel, 1 heaped teaspoon baking powder, little milk. Cream butter and sugar, add eggs one by one, then other ingredients. Bake  $2\frac{1}{4}$  hours.  $\frac{1}{2}$  lb. currants and 4 ozs. cherries make a good cake if liked a little richer.

### A Good Plain Cake

Mix well together 2 breakfast cups flour, 2 teaspoons baking powder, a little salt and spice and  $\frac{1}{4}$  lb. sugar. Rub in  $\frac{1}{2}$  lb. butter, then mix in 6 ozs. sultanas, 2 ozs. currants, a few pieces of sliced peel. Beat 3 eggs and  $\frac{1}{2}$  cup milk together and moisten the lot. Bake in fairly quick oven thoroughly.

### Fruit Cake

2 breakfast cups flour, 4 eggs, 1 teaspoon baking powder, 1 saltspoon salt,  $\frac{1}{4}$  teaspoon carbonate soda,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon spice, 1 dessertspoon vinegar, 1 teaspoon golden syrup,  $\frac{3}{4}$  breakfast cup sugar, 6 ozs. butter, 1 teacup sultanas,  $\frac{3}{4}$  teacup Sun-maid raisins (cut in halves),  $\frac{3}{4}$  teacup blanched almonds,  $\frac{3}{4}$  oz. mixed peel, cherries if desired. Beat sugar and butter together until creamed, drop eggs in separately and beat; add vinegar, golden syrup and carbonate soda dissolved in dessertspoon of milk. Have another bowl sifted flour, and to it add spice, salt, cinnamon and baking powder. Before adding spice, etc., take from flour 1 cupful and to this add the fruit, to prevent it sinking when cooking. To the sugar and eggs, etc., add the flour and stir well, then add fruit gradually. Bake in greased tin with paper on the bottom in moderate oven from  $1\frac{1}{2}$  to 2 hours.

### Wedding Cake

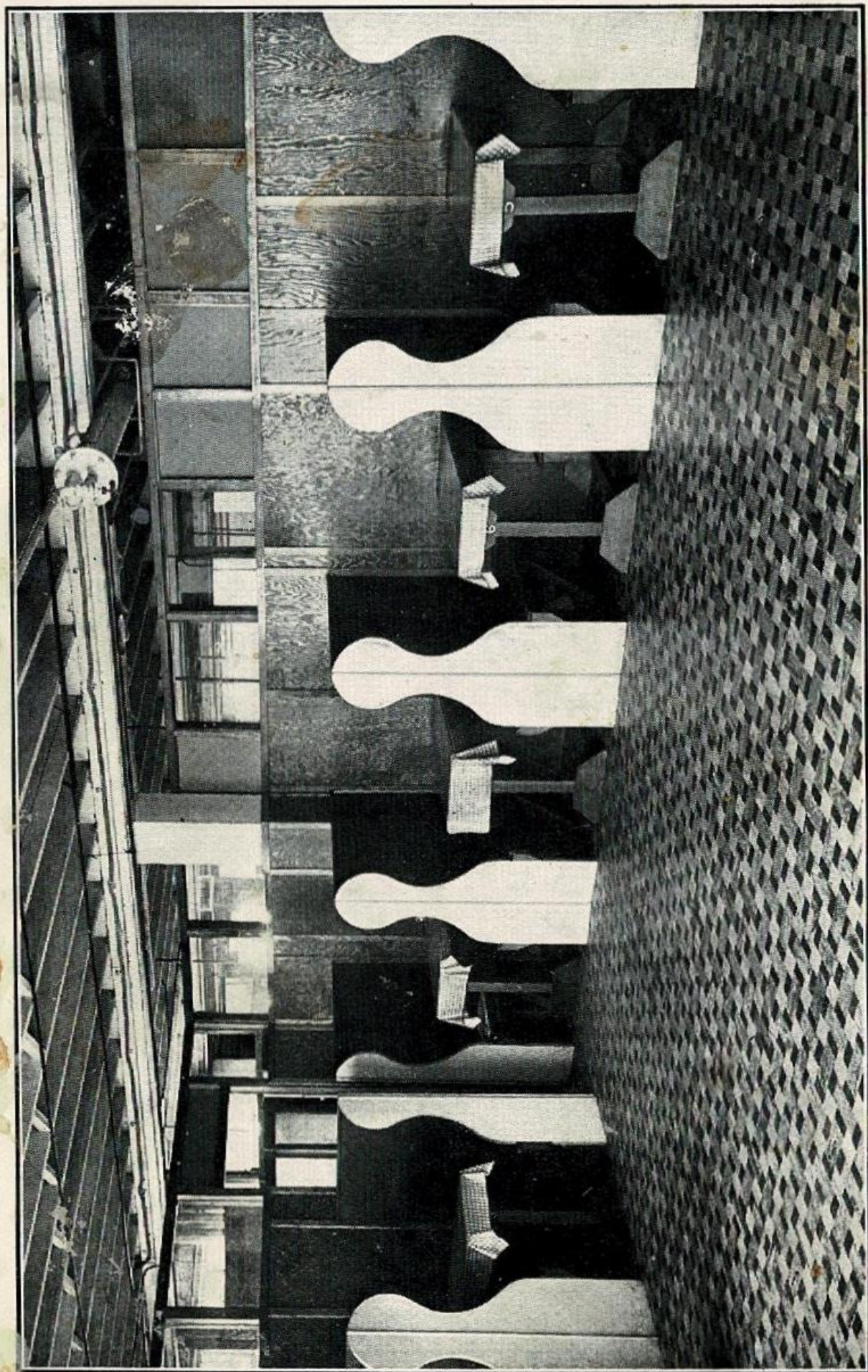
2 lbs. butter, 2 lbs. sugar,  $1\frac{1}{2}$  lbs. flour, 1 lb. dates, 1 lb. stoned raisins, 1 lb. ground rice, 1 lb. sultanas, 2 lbs. currants, 1 lb. small raisins,  $\frac{3}{4}$  lb. lemon peel,  $\frac{1}{2}$  lb. almonds,  $\frac{3}{4}$  lb. cherries, 20 eggs, no rising. Beat butter and sugar to a cream, add eggs one at a time, then dry ingredients; bake 8 hours.





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### Christmas Cake

1½ lbs. flour, 1 lb. sugar, 1 lb. butter, 1 lb. sultanas, 1 lb. raisins, 1 lb. currants, ½ lb. mixed peel, ¼ lb. cherries, ¼ lb. almonds (blanched and cut in large pieces), 9 eggs, 1 teaspoon each of grated nutmeg, ground cinnamon, mace, ground ginger and baking powder. Prepare all fruit previous day. Slice peel thinly, cut cherries in half. Prepare large cake tin by greasing and papering with white paper. Sift flour into basin, beat butter and sugar to a cream with spices. Gradually add first the well-beaten eggs and then the flour to butter and sugar. Beat mixture well for ten minutes, mix all fruit, stir into cake mixture; place in prepared tin, and bake in moderate oven and leave 4 to 5 hours. Will keep for months.

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### Lemon Cake

2 eggs, their weight in butter, sugar and flour, rind of lemon, tablespoon of milk, 1½ teaspoons of baking powder. Cream butter and sugar, add eggs, milk, lemon rind, baking powder and flour. Bake in a flat tin ½ hour; when cold spread on top icing made with juice of half a lemon.

420 24 hr

### Eggless, Milkless, Butterless Cake

1 cup brown sugar, 2 cups flour, 1 teaspoon baking soda, 1 cup sultanas, 1 cup dates or raisins, 1½ cups water, ½ cup dripping, 1 teaspoon ground ginger, 1 teaspoon spices, 1 teaspoon nutmeg. Boil fruit, spices and dripping in the water for 3 minutes, and when cool beat in flour, sugar and baking soda. Bake 1½ hours in moderate oven.

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### Dripping Cake (no eggs)

2 cups flour,  $\frac{3}{4}$  cup sugar,  $\frac{1}{2}$  cup dripping, 2 teaspoons baking powder, 1 teaspoon carbonate of soda, 2 tablespoons treacle, 1 cup sultanas,  $\frac{1}{2}$  cup milk, essence, of almonds. Melt dripping and treacle, mix sugar and other ingredients; bake in a moderate oven  $1\frac{1}{2}$  hours.

### Rainbow Rolls

Cream  $\frac{1}{4}$  lb. butter and 1 cup sugar, add 3 eggs one at a time and beat well, add slowly four tablespoons milk, add  $1\frac{1}{2}$  cups flour,  $1\frac{1}{2}$  teaspoons baking powder. Divide into three parts, colour one pink, one brown and leave one white. Put a spoonful of each colour (like marble cake) into roll tins until full, bake in moderate oven. Ice with chocolate icing and cover with cocoanut.

### French Fancies

$\frac{1}{4}$  lb. butter, 2 ozs. castor sugar,  $\frac{1}{2}$  lb. flour, 2 eggs,  $\frac{1}{2}$  teaspoon baking powder. Beat butter and sugar to a cream, add yolks of the eggs, then flour and baking powder. Roll out like shortbread and spread with raspberry jam, turn edges. Beat whites of eggs, add 4 ozs. castor sugar, 2 ozs. cocoanut, spread over jam, sprinkle with chopped almonds. Bake  $\frac{1}{2}$  hour in moderate oven, cut in squares while hot.

### Many-ways Cake

Take  $\frac{1}{4}$  lb. butter,  $\frac{1}{2}$  lb. sugar, 3 eggs,  $\frac{1}{2}$  lb. flour, 1 teaspoon baking powder, 3 tablespoons milk. Beat butter and sugar to cream, add eggs one by one, beating well between each. Next add flour with baking powder in it, and lastly the milk warmed. Bake in good oven 45 minutes. This mixture can be used for a variety of cakes by adding any of the following:— 6 teaspoons of cocoa, or 4 teaspoons coffee essence,  $\frac{1}{2}$  cup of cocoanut, or rind and juice of an orange. Ice accordingly.

### Oat Cake

3 breakfast cups oatmeal,  $\frac{3}{4}$  breakfast cup flour, teaspoon salt,  $\frac{1}{4}$  lb. butter, dessertspoon sugar, level teaspoon baking soda,  $\frac{1}{2}$  breakfast cup boiling water. Method: Mix dry ingredients, add melted butter with water. Cook in a moderate oven.



### Belgian Cake

$\frac{1}{2}$  lb. flour,  $\frac{1}{4}$  lb. butter,  $\frac{1}{4}$  lb. sugar, 1 egg, 1 teaspoon of baking powder. Beat butter and sugar to cream, add beaten egg, then flour and baking powder. Take half of the mixture and roll out, spread with jam. Roll out other half and place on top. Spread with beaten egg and chopped almonds and bake in a moderate oven.

### Mother's Cake

Weight of 2 eggs in butter, sugar and flour,  $\frac{1}{2}$  teaspoon carbonate soda, 1 teaspoon cream of tartar, essence of lemon. Beat eggs and sugar, then add the melted butter and other ingredients. This is a very delicious cake, which may be varied with different icings.

### Marble Cake

4 eggs and their weight in butter, sugar and flour, 1 teaspoon baking powder, 1 tablespoon milk,  $\frac{1}{2}$  teaspoon cinnamon. Mix by creaming the butter and sugar, add eggs, beat well, then add the rest of ingredients. Divide mixture into three parts, viz., 1 white, 1 pink (cochineal), 1 brown (cocoa). Put one on top of the other in the tin. Bake in a hot oven 1 hour, and ice if desired when cold.

### Date Short Cake

$\frac{1}{2}$  lb. butter,  $\frac{1}{4}$  lb. sugar, 1 lb. flour, 1 teaspoon baking powder, 1 egg. Divide mixture and roll out thin, put a thick layer of dates and nuts (walnuts) and cover with rest of mixture. Ice and sprinkle with cocoanut. Cut into shape. (Add a little hot water to dates and beat with fork.)

### Date Cake (Eggless)

1 lb. flour,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{2}$  lb. butter, 1 cup milk,  $\frac{1}{2}$  lb. dates,  $\frac{1}{2}$  lb. raisins, 1 piece peel, 1 teaspoon soda. Cream butter and sugar, add milk, then other ingredients. Bake in moderate oven. Better kept for two weeks before cutting.

### 1, 2, 3, 4 Cake

1 cup butter, 2 cups sugar, 3 cups flour, 4 eggs (well beaten), 1 cup milk,  $1\frac{1}{2}$  teaspoons baking powder folded in after well beating. Bake 1 hour.



### Delicious Fruit Cake

$\frac{1}{4}$  lb. butter, 1 cup sugar, 2 eggs,  $\frac{1}{2}$  cup milk, 2 dessert-spoons of cocoa, 1 teaspoon cinnamon, 1 teaspoon spice,  $1\frac{1}{2}$  teaspoons baking powder, 1 cup walnuts. Cream butter and sugar, add eggs (well beaten), then milk and lastly flour, etc. Bake in moderate oven  $\frac{1}{2}$  an hour. Ice with chocolate icing and sprinkle with nuts.

### Boston Tea Cake

2 cups flour, 1 cup sweet milk, 1 tablespoon melted butter, 1 teaspoon soda (dissolved in milk), 2 teaspoons cream of tartar, 2 teaspoons sugar, 2 eggs. Bake in quick oven 5 or 10 minutes.

### Louise Cake

10 ozs. flour, 2 ozs. sugar, 2 eggs, 5 ozs. butter,  $\frac{1}{2}$  teaspoon baking powder, essence of lemon. Cream butter and sugar, add yolks of eggs, stir in flour and baking powder, roll out and spread with raspberry jam. Beat the whites very stiff, add 8 ozs. castor sugar and 4 ozs. cocoanut, spread on jam and cook 20 minutes. When cooked cut into squares while hot.

### Canadian Date Cake

Cover  $\frac{1}{2}$  lb. stoned dates with  $\frac{3}{4}$  breakfast cup of hot water in which one level teaspoon of carbonate of soda has been dissolved. Mix to a cream 1 teacup of sugar and  $\frac{1}{2}$  lb. butter. Then add 3 eggs (beaten), then  $\frac{1}{2}$  lb. flour, and stir in date mixture and  $\frac{1}{2}$  cup chopped walnuts. This cake keeps nice and moist.

### Farmers' Jelly Cake

4 eggs, 3 tablespoons milk or water,  $\frac{1}{4}$  lb. butter,  $1\frac{1}{2}$  cups sugar,  $2\frac{1}{2}$  cups flour, 1 teaspoon soda, 2 teaspoons cream of tartar. Cream butter, sugar, eggs (well beaten), some flour and milk, then milk and flour, lastly soda or baking powder. Bake in meat dish.

### Shortbread

1 lb. flour,  $\frac{1}{2}$  lb. butter,  $\frac{1}{4}$  lb. sugar,  $\frac{1}{4}$  cup milk. Rub butter, sugar and milk together, then add flour. Mix well and bake in a slow oven.



### Walnut Shortbread

1 lb. flour, 3 ozs. icing sugar,  $\frac{1}{2}$  lb. butter, 1 cup of chopped walnuts. Cream butter and sugar, add flour and knead well. Mix walnuts in last. Roll out about  $\frac{1}{4}$ -inch thick, cut in squares and bake in slow oven for  $\frac{1}{2}$  hour.

### Cocoanut Shortbread

$1\frac{1}{2}$  cups flour,  $\frac{1}{4}$  lb. butter, 1 teaspoon baking powder,  $\frac{1}{2}$  cup sugar, 1 egg. Rub butter into flour, add beaten egg and sugar. Mix to dough with water and roll out one-third of an inch thick. Spread with apricot or raspberry jam, and place the following mixture on top:—Beat 1 tablespoon butter with  $\frac{1}{2}$  cup sugar; break in an egg and mix well. Then add  $\frac{1}{2}$  cup cocoanut. Bake a golden brown, and when cold cut in pieces. Keeps well.

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### Short Cake

$\frac{1}{2}$  teacup sugar,  $\frac{1}{4}$  lb. butter,  $1\frac{1}{2}$  cups flour, 1 egg, 2 teaspoons baking powder. Cream sugar and butter, work in other ingredients and roll out thin. Spread one half with raspberry jam, place the other half on top and bake. Cut in squares when cooked.

### Date Cake

$\frac{1}{2}$  lb. butter, 1 cup brown sugar, 2 eggs, 2 breakfast cups flour,  $\frac{3}{4}$  cup dates soaked in  $\frac{3}{4}$  cup hot water, 1 teaspoon soda added to dates and water, 1 cup halved dates added to flour. Beat butter and sugar, add eggs, then mix in dates and soda, and then flour and halved dates. Bake in 2 small tins (5 ins. x 7 in.). Moderate oven about 1 hour to bake. Icing: 1 cup brown sugar,  $\frac{1}{2}$  cup cream. Boil together for one minute, and when cool beat for a few minutes.



**Walnut Cake (no eggs)**

$\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb. walnuts,  $\frac{1}{2}$  lb. dates, 1 cup sugar, 1 cup milk, 2 cups flour, 2 teaspoons cocoa, 2 teaspoons golden syrup, 1 teaspoon soda, 2 teaspoons vinegar. Mix in usual way with vinegar last.

**Walnut Cake**

2 eggs, 1 cup sugar,  $\frac{1}{4}$  lb. butter,  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  cup milk, 2 teaspoons baking powder, 1 cup walnuts. Cream butter and sugar, add eggs and dry ingredients and lastly milk. Bake about  $\frac{1}{2}$  hour.

**Melties**

2 ozs. icing sugar, 6 ozs. butter, 8 ozs. flour,  $\frac{1}{2}$  teaspoon baking powder,  $\frac{1}{2}$  teaspoon vanilla. Cream butter and sugar, add flour, baking powder, and vanilla. Put in small teaspoon lots on cold slide. Bake in moderate oven. Put two together with mock cream filling.

**Wheatmeal Fruit Cake**

$\frac{1}{2}$  lb. butter (or little less),  $\frac{1}{2}$  lb. sugar, 4 eggs, 1 dessertspoon golden syrup, essence lemon, 12 ozs. flour (wheaten), small teaspoon baking powder,  $\frac{1}{2}$  to  $\frac{3}{4}$  lb. fruit (sultanas, peel, ginger, etc.). Mix in usual way.

**Orange Cake**

2 eggs, 4 level tablespoons sugar, 3 level tablespoons butter, 1 orange, 1 level breakfast cup flour,  $1\frac{1}{2}$  tablespoons milk,  $1\frac{1}{2}$  teaspoons baking powder. Grate the orange rind (yellow part only) and take 1 large tablespoon of it and  $1\frac{1}{2}$  tablespoons of the strained juice. Add this to the sponge mixture, and bake in two well-buttered sandwich tins in quick oven.

**Sponge Gingerbread (no eggs)**

$\frac{1}{4}$  lb. butter or dripping, 1 teacup sugar, 1 teacup golden syrup, 1 teacup milk, 2 breakfast cups flour, 1 dessertspoon spice, 2 dessertspoons ground ginger, 1 heaped teaspoon soda, peel and sultanas to taste. Nuts also are very nice. Method: Cream butter and sugar; warm the syrup; dissolve soda in the milk. Mix and bake in a shallow cake tin in a moderate oven for about 1 hour.



### Ginger Fruit Cake

6 ozs. butter, 2 ozs. sugar, 2 eggs, 2 tablespoons golden syrup, 10 ozs. flour, pinch of salt, 2 teaspoons ground ginger,  $\frac{1}{2}$  lb. sultanas, 2 ozs. chopped almonds, 1 level teaspoon baking powder, a little milk or another egg if necessary. Method: Beat the butter and sugar to a cream, add golden syrup. Drop in one unbeaten egg and mix well. Sieve together the flour, salt and ground ginger. Add half the flour to the mixture and beat in well; drop in the other egg, mix in and then sieve in remainder of flour. Add fruit and almonds (mix in). Lastly add baking powder; add a little milk if necessary. Put mixture into lined and greased tin. Bake in a moderate oven for about 45 minutes.

### "Dark Horses"

Beat together  $\frac{1}{4}$  lb. each of butter and sugar, add beaten egg. Add  $\frac{1}{2}$  cup dates (chopped),  $\frac{1}{2}$  cup walnuts,  $\frac{1}{4}$  cup sultanas,  $\frac{1}{2}$  teaspoon soda dissolved in 1 tablespoon boiling water; mix well together; and lastly add 1 good cup flour. Place teaspoon lots on cold tray. Bake in fairly quick oven.

### Cocoanut Cake

2 small cups sugar, 2 cups flour, 1 cup cocoanut, 2 eggs, 1 cup milk, 4 tablespoons butter, 4 small teaspoons baking powder.

### Watermelon Cake

$\frac{1}{4}$  lb. butter, 1 cup sugar,  $1\frac{1}{2}$  cups flour, 1 teaspoon cochineal, 3 eggs,  $\frac{1}{2}$  cup milk, a pinch of salt, essence of lemon, 1 teaspoon baking powder. Beat butter, sugar and eggs for  $\frac{1}{4}$  hour; add flour, milk, salt, flavouring, rising. Take out  $\frac{1}{3}$  mixture and add cochineal and small handful of currants or seeds. Put coloured part in middle of dish and spread rest of mixture over and around the colour. Bake 1 hour.

### Peanut Brownies

$1\frac{1}{2}$  cups flour, 1 cup sugar,  $\frac{1}{4}$  lb. melted butter, 1 egg, 1 cup peanuts,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons cocoa,  $\frac{1}{2}$  teaspoon baking powder, little essence of vanilla. Beat butter and sugar and egg together, sift in dry ingredients, and bake in moderate oven about 20 minutes.



### American Cookies

Whites of 2 eggs,  $\frac{1}{2}$  cup cocoanut, 1 cup brown sugar,  $\frac{1}{2}$  cup walnuts. Beat the whites of eggs stiff, add sugar, stand on stove until sugar melts, fold in other ingredients. Cook ten minutes.

### Rock Cakes

1 lb. flour, 1 teaspoon baking powder,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{4}$  lb. currants,  $\frac{1}{2}$  lb. butter rubbed into flour, essence of lemon to taste, 3 eggs (well beaten). Bake in a good oven, in small pieces, 10 or 15 minutes.

### Melting Moments

6 ozs. flour, 2 ozs. icing sugar, 2 ozs. cornflour,  $\frac{1}{2}$  lb. butter. Beat butter and icing sugar well, add the rest and place on cold tray in spoonfuls in a moderate oven.

### Ginger Cake

$\frac{1}{2}$  lb. butter, 1 cup sugar, 1 or 2 eggs, 1 cup golden syrup, 1 dessertspoon of ginger, 1 dessertspoon cinnamon,  $\frac{1}{2}$  pkt. spice,  $\frac{1}{4}$  lb. walnuts (if liked), 3 cups flour, 2 teaspoons baking soda, 1 cup milk. Method: Beat sugar and butter to a cream, add egg and beat well, then add milk and syrup and dry ingredients and dissolve soda in boiling water. Mix all and bake 2 hours in moderate oven.

### Madeira Cake

$\frac{1}{4}$  lb. butter,  $\frac{1}{4}$  lb. sugar,  $\frac{1}{2}$  lb. flour,  $1\frac{1}{2}$  teaspoons baking powder, essence lemon to taste and a little milk, 3 eggs. Mix and bake in a moderate oven, 1 hour or less.

### Almond Fingers

3 ozs. butter, 2 ozs. sugar, 1 egg, 1 cup flour, 1 teaspoon baking powder. Beat butter and sugar to a cream, add yolk of egg and beat well, mix flour and baking powder together and add to mixture, roll out on oven shelf. Spread icing on when cooked.

### Lemon Buns

$\frac{1}{4}$  lb. butter,  $\frac{1}{4}$  lb. sugar, 2 cups flour, 2 eggs, 1 teaspoon golden syrup, a few drops essence of lemon, 1 teaspoon soda, 2 teaspoons cream of tartar. Mix like a cake. Make into balls, dip in sugar and put strip of lemon peel on top.



### Cream Puffs

4 eggs, 3 ozs. butter, 5 ozs. flour, 1 breakfast cup boiling water. Place butter and water in saucepan and bring to boil. When boiling put in all flour and stir until it leaves side of pan. Take off fire and cool a little. Break in each egg separately, beating well, until shiny (about 15 minutes). Put in spoonful on cold tray. Bake  $\frac{1}{2}$  hour in quick oven, opening door as little as possible.

### Nutties

3 ozs. butter, 4 ozs. sugar, 1 level teaspoon baking powder, 1 egg, a pinch of salt, 2 ozs. walnuts, 1 breakfast cup Oatmeal, 1 breakfast cup flour, 2 ozs. cocoanut. Cream butter and sugar, add egg, mix in rest of ingredients, adding a little milk if necessary. Drop on greased tray, and bake 20 to 25 minutes in moderate oven.

### Indian Coffee Creams

2 cups flour,  $\frac{1}{2}$  cup sugar, 4 ozs. butter, 1 egg, 1 teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon soda, 1 tablespoon coffee, vanilla. Cream butter and sugar, add coffee, vanilla and most of the beaten egg, then flour and rising. Roll out and cut into fairly thick biscuits, brush half with egg and sprinkle with finely-chopped nuts. Bake 20 minutes. When cold join together with mixture, 1 tablespoon butter, 1 cup icing sugar, coffee essence to taste and a little boiling water.

### "Cornies"

6 ozs. butter,  $\frac{1}{4}$  cup sugar, 1 cup flour, 1 cup dates, 1 egg, 2 cups cornflakes, 2 teaspoons baking powder, 1 teaspoon vanilla, little milk. Method: Cream butter and sugar, add egg and other ingredients, mix to a stiff consistency. Spread flakes on board, and roll teaspoon lots of mixture in it. Bake 15 to 20 minutes in moderate oven.

### Fruit Delights

1 small tin sweetened condensed milk,  $\frac{1}{2}$  cup chopped nuts, few chopped figs and dates, 1 cup desiccated cocoanut or ground almonds,  $\frac{1}{2}$  cup chopped raisins or sultanas. Mix all together, and place in teaspoonful on greased tray. Bake slowly 25 minutes.



# BISCUITS

## Anzac Biscuits

$\frac{1}{4}$  lb. butter, 1 tablespoon syrup, 1 teaspoon baking soda, 2 tablespoons boiling water, 1 breakfast cup wheatmeal, 1 of cocoanut, 1 of nuts, 1 of sugar and  $\frac{3}{4}$  cup flour. Melt butter and syrup, add soda in boiling water, then dry ingredients. Put in teaspoonful on cold tray, bake slowly 20 minutes.

## Almond Biscuits

$\frac{1}{4}$  lb. butter,  $\frac{1}{4}$  lb. sugar, 6 ozs. flour, 1 teaspoon baking powder, 1 egg, essence almond, dessert almonds. Cream butter and sugar, add egg, essence, flour and baking powder. Make into small balls, putting 1 almond on each. Bake in hot oven.

## Coffee Biscuits

$\frac{1}{2}$  cup castor sugar, 4 ozs. butter, 1 egg, 2 cups flour, 1 teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon soda, 1 tablespoon coffee essence or cocoa, vanilla essence. Cut to shape. Bake 20 minutes. Put together with icing if liked ( $\frac{1}{4}$  butter,  $\frac{1}{4}$  icing sugar), or little coffee or cocoa if liked.

## Bran Biscuits

2 ozs. butter, 1 egg, 1 cup flour, 1 cup bran, 2 ozs. sugar, pinch salt, 1 teaspoon baking powder. Beat egg and sugar, add melted butter, then dry ingredients. Roll out thin, cut to shape and cook in moderate oven.

## Chelsea Buns

2 breakfast cups flour, 2 teaspoons baking powder, 2 tablespoons sugar,  $\frac{1}{4}$  lb. butter, 1 egg, spice, milk to mix. Rub butter into flour, add all dry ingredients, the egg beaten and sufficient milk to make a stiff paste; roll out, cover with spice and sugar. Roll into a jam-roll shape and cut in slices. Bake as usual.

## Cinnamon Biscuits

$\frac{1}{2}$  lb. flour,  $\frac{1}{4}$  lb. cornflour,  $\frac{1}{4}$  lb. sugar, 1 tablespoon cinnamon, 2 teaspoons baking powder, 1 dessertspoon syrup, milk to mix. Join together with jam or icing.



**Belgian Biscuits**

$\frac{1}{2}$  lb. each butter, sugar, flour, ground rice, 1 teaspoon soda, 1 tablespoon cinnamon, a little nutmeg, 1 teacup milk to mix. Roll out, cut into rounds and when cooked put together with jam. Ice top.

**Cocoanut Biscuits**

1 cup flour, 1 small cup sugar, 1 cup cocoanut, 1 egg, 1 tablespoon butter, 1 teaspoon baking powder. Roll out, cut into shapes, and bake in a quick oven.

**Corn Flake Biscuits**

2 eggs (whites beaten stiff), add 1 cup of castor sugar, 1 cup of chopped walnuts, 4 cups of cornflakes. Bake 10 minutes in hot oven.

**Butter Biscuits**

2 lbs. flour, 1 lb. fresh butter,  $1\frac{1}{4}$  lbs. dark brown sugar, 1 oz. ground cinnamon. Mix the sugar and cinnamon well with the flour, add the butter (if too stiff, use an egg), and knead all ingredients well. Roll out thinly, cut in rounds and garnish with peel and almonds. Bake dark brown.

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**Short Biscuits**

3 cups flour,  $\frac{3}{4}$  cup cornflour, 1 cup sugar, 2 eggs,  $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon cream of tartar. Roll out thinly, cut into rounds, and when cooked put raspberry jam between and sift sugar on top.

**Pawnbroker Biscuits**

1 lb. flour,  $\frac{1}{2}$  lb. butter, 1 level teaspoon baking powder,  $\frac{1}{4}$  lb. sugar. Mix with 1 egg. Method as for Bran Biscuits. Join together with jam, and ice.

**Oatina Square Biscuits**

3 cups Oatina, 1 cup flour,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  lb. butter, 1 egg, pinch soda and salt. Beat butter and sugar together, add egg, then flour and Oatina (if too dry, add a little milk), roll out on board and cut into square biscuits. Bake in slow oven about  $\frac{1}{4}$  hour until a golden brown.



### German Biscuits

3 cups flour, 1 cup sugar,  $\frac{1}{2}$  lb. butter or soft dripping, 2 eggs, 1 dessertspoon golden syrup, 1 teaspoon cinnamon, 1 teaspoon spice, 1 teaspoon carbonate of soda, 2 teaspoons cream of tartar, essence of vanilla. Rub butter and sugar well into the flour, then add other ingredients. Warm syrup, knead well, cut into rounds when cold, jam together and ice.

### Ginger Biscuits

10 ozs. flour, 4 ozs. sugar, 4 ozs. butter (or dripping), 1 tablespoon ground ginger, 6 ozs. golden syrup,  $\frac{1}{2}$  teaspoon carbonate of soda. Beat the butter and sugar to a cream, warm the syrup, and add gradually; dissolve soda in a little milk; mix all to a stiff dough, roll out thinly, cut into shapes, and bake in a moderate oven about 10 minutes.

### Kisses

2 ozs. butter, 2 ozs. sugar, 1 egg, 3 ozs. flour, 2 ozs. cornflour, 1 teaspoon baking powder. Cream butter and sugar, add egg (beaten), drop teaspoonful on tray. Bake 10 minutes.

### Peanut Crumples

$\frac{3}{4}$  cup sugar, 1 cup flour, 1 egg, 1 teaspoon baking powder,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  cup shelled peanuts (roasted), 2 teaspoons cocoa,  $\frac{1}{2}$  cup butter. Melt butter and sugar in a saucepan, add egg and dry ingredients. Put on a cold slide and bake in very slow oven.

### Cheese Busters

$\frac{1}{2}$  lb. flour, 2 ozs. butter (well rubbed into flour), pinch salt,  $\frac{1}{2}$  cup grated cheese, enough water to make a stiff dough. Roll out very thinly, prick with a fork, cut into shapes. Cook in moderate oven on a cold floured tray.

### New Plymouth Nuts

4 ozs. butter, 1 tablespoon golden syrup. Melt together in oven; add to the melted mixture 1 teaspoon soda dissolved in a little drop boiling water. After this add  $\frac{3}{4}$  cup sugar,  $\frac{3}{4}$  cup flour, 1 cup cocoanut, 1 cup wheatmeal. Place small daubs on cold oven shelves and bake till nice brown. These have a flavour all their own.



# BREAD, PASTRY, SCONES

## Cocoanut Pastry

$\frac{1}{4}$  lb. sugar,  $\frac{1}{4}$  lb. butter,  $\frac{1}{2}$  lb. flour, 1 teaspoon baking powder, pinch salt. Method: Rub butter into flour, add baking powder and salt. Bind together with egg; spread over with jam. Add the following mixture:—1 teacup sugar, 1 teacup cocoanut, 1 egg, salt to taste. Beat well together and spread on top of jam. Bake in a slow oven.

## Belgian Pastry

1 cup flour, 2 eggs, 2 tablespoons sugar, 2 tablespoons new milk, 1 teaspoon butter, 1 teaspoon baking powder, pinch salt. Beat all together, spread on dish of hot fruit, and cook 15 minutes in hot oven.

## Short Pastry

1 breakfast cup flour, 4 ozs. butter or lard,  $\frac{1}{2}$  teaspoon baking powder, pinch of salt, water to mix. Rub butter into flour, add salt, baking powder, then water a little at a time to make a firm dough. Roll out to required thickness.

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## Health Loaf.

1 cup flour, 1 cup wheatmeal, 1 cup bran, 1 cup dates and chopped walnuts, 1 cup milk,  $\frac{1}{2}$  cup golden syrup or treacle,  $\frac{1}{4}$  cup brown sugar, 1 egg,  $1\frac{1}{2}$  tablespoons melted butter,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon soda dissolved in  $\frac{1}{2}$  cup hot water. Beat egg and sugar, add syrup and milk, then the melted butter, add dry ingredients, in which fruit has been mixed, and the water and soda last, mixing well. Bake in a greased billy with lid on for  $1\frac{1}{2}$  hours. (It is a very soft mixture.)

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**STAINS don't STAY IN if we treat them.**



### Milk Rolls

8 ozs. flour, 1 oz. butter,  $1\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, about  $\frac{1}{4}$  pint milk. Method: Sift baking powder, flour and salt together, then rub butter into the flour. Mix into dough with the milk. Turn on to floured board and cut into four equal pieces. Shape each into a roll, brush with beaten egg or milk, and bake in a quick oven about 10 minutes.

### Pumpkin Scones

Beat 1 tablespoon butter with  $\frac{1}{2}$  cup of sugar (small), add 1 egg, beat well, and add 1 cup of cooked mashed pumpkin (cold),  $2\frac{3}{4}$  cups flour, 3 teaspoons cream of tartar,  $1\frac{1}{2}$  of soda. Mix thoroughly with  $\frac{1}{2}$  cup of milk. Bake in hot oven.

### Gems

Beat 2 heaped tablespoons sugar and 1 tablespoon butter to cream. Add 1 egg (beaten well), then a scant teacup milk. Mix in  $1\frac{1}{2}$  cups of flour and 2 teaspoons baking powder and pinch of salt. Put into hot greased gem irons and bake in a quick oven.

### Date Bread

Soak 1 heaped cup of dates in 1 cup of boiling water in which has been dissolved 1 teaspoon of carbonate of soda. Leave until cold (do not strain water off), and beat well. Beat together 1 cup sugar and 1 egg. Add 1 dessertspoon melted butter, essence of vanilla, then dates, lastly 2 heaped cups flour and 1 teaspoon baking powder. Bake 1 hour in moderate oven.

### Nut and Date Loaf

1 heaped cup flour, 1 heaped cup wholemeal, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 1 dessertspoon golden syrup,  $\frac{1}{2}$  cup walnuts,  $\frac{1}{2}$  cup dates (or raisins),  $\frac{1}{2}$  cup brown sugar, a piece of butter. Mix to consistency of scones with milk. Bake in a good oven 1 hour.

### Pikelets

Beat 2 eggs and 2 level dessertspoons of sugar together, add 1 egg, 1 dessertspoon melted butter,  $\frac{3}{4}$  cup milk, and salt. Mix  $1\frac{1}{2}$  cups flour and 2 teaspoons baking powder with this, and cook on hot greased girdle.



### Nut Bread

2 cups of flour,  $\frac{1}{2}$  cup chopped walnuts, 1 tablespoon sugar, 1 egg, 1 small piece of butter, a few raisins, a little milk, 1 teaspoon baking powder. Make into a fairly stiff dough and bake in a quick oven in a deep tin.

### Seeded Raisin Bread

4 breakfast cups flour, 1 tablespoon butter, 2 breakfast cups sugar, 1 pkt. seeded raisins,  $2\frac{1}{2}$  breakfast cups water, 1 pkt. spice, 2 teaspoons carbonate of soda. Method: Boil together gently for 10 minutes the sugar, butter, water, spice and raisins. Leave to cool (not to get cold), and, when cool, add the soda and flour. Bake in a round or large square tin for  $1\frac{1}{4}$  hours.

## JAMS and JELLIES

### Pie Melon Jam

To every 5 lbs. of cut-up melon allow 5 lbs. sugar,  $1\frac{1}{2}$  ozs. whole ginger (well bruised), 2 lemons and a small pinch of cayenne pepper. Strain the lemon juice. Cut up lemon rind roughly and put it with the ginger in a muslin bag. Cover the cut-up melon with about half the sugar, and let it stand all night. Next day boil all together slowly till clear. Before putting into the pots, stir in a little citric or tartaric acid (1 salt-spoon to above quantities), or acid may be omitted and 1 extra lemon used. A pineapple added improves the flavour.

### Pear Marmalade

6 lbs. pears, 6 lbs. sugar, 4 oranges, 3 lemons, 1 pint water over oranges and lemons overnight. Cut pears and stand overnight with half the sugar, then put all together and cook slowly four hours.

### Black Currant Jam

To every pound of berries add 1 cup of water, and boil 15 to 20 minutes. Add 1 lb. sugar to every pound of fruit and 1 cup of sugar to every cup of water. Boil hard for half an hour. Bottle and seal.



### **Cape Gooseberry Jam**

4 lbs. cape gooseberries,  $4\frac{1}{2}$  lbs. sugar,  $1\frac{1}{2}$  cups cold water. Place cape gooseberries and water in pan. Boil 15 minutes, add sugar, and boil until a little when tested, jellies.

### **Marmalade**

Cut fine 6 oranges and 3 lemons, add 20 teacups water, boil until soft, add 9 lbs. sugar, boil again next day 1 to 2 hours.

### **Apricot and Orange Marmalade**

1 lb. apricots soaked for 3 days in 6 pints water, 6 sweet oranges sliced very finely; cover with water and soak 24 hours, then measure liquid into preserving pan with same quantity of sugar.

### **Marmalade**

12 oranges, 5 lemons. Slice and remove pips, put in to soak with 5 quarts water upon them. Let them lie 24 hours; boil in the same water until tender, then add 10 lbs. sugar, and boil an hour. This when done will jelly.

### **Orange Marmalade**

Cut finely 8 Seville oranges, 4 lemons. Soak overnight in 6 pints of water. Boil this mixture until tender, and then add 10 lbs. of sugar, boiling until it is all jelly.

### **Dried Apricot Jam**

2 lbs. apricots, soaked in 2 quarts of water for 24 hours. Boil for 1 hour, add 4 lbs. sugar and juice of 1 lemon. When cooked makes nice flavouring.

### **Apple Jelly**

Green apples make the best jelly. Wash them and cut up without peeling or coring. Put in preserving pan and barely cover with cold water. Add 1 or 2 lemons and some bruised ginger, and boil till apples are soft. Strain through jelly-bag or folds of butter-cloth. To each cup of juice add 1 cup sugar and boil gently till a little when tested jellies. Test by placing a spoonful on saucer, and if a skin forms quickly it is ready. Skim well.



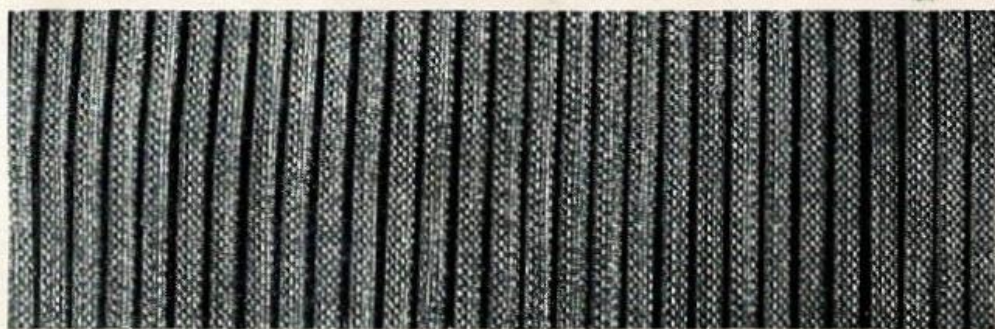
# Our French Pleating Service

Our modern plant is equipped to specialise in the following:—French Pleating, Hand Pleating, Overlocking, Hemstitching, Embroidery.

The quality of the work we turn out is of a lasting nature.

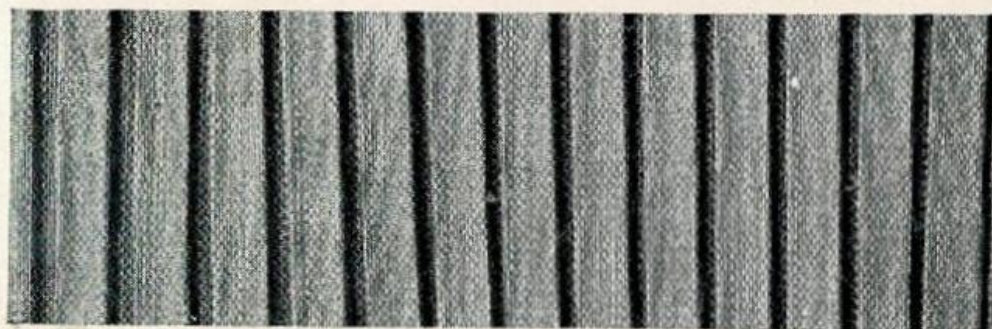
Below we give illustrations of a number of French Pleating designs from which our customers may choose, with the names and descriptions written below each one. Customers using this book should refer to the design number required.

## FRENCH PLEATING



*Design No. 56: Fine Knife.*

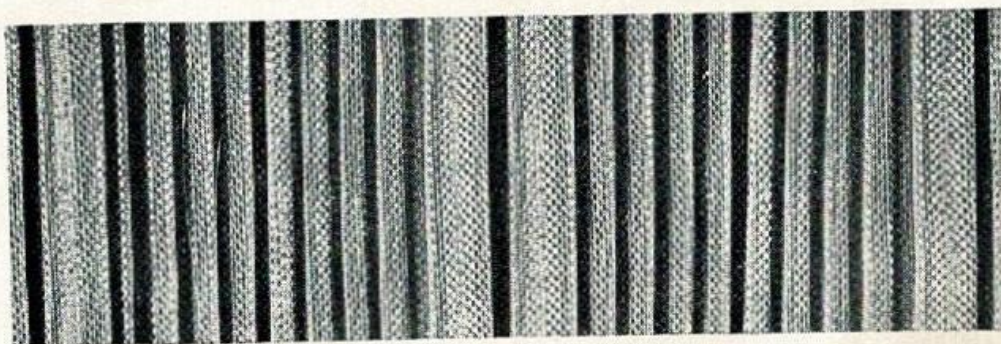
*Design No. 70 (not illustrated): Knife between 56 and 58.*



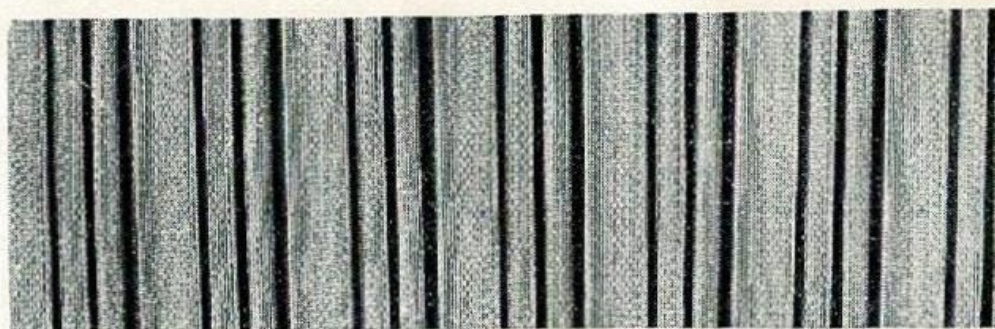
*Design No. 58: Larger Knife, suitable for heavy material.*



IMPORTANT! Winter Materials can be pleated in any of the French Pleating designs. Overlocked, or Picot edge hem advisable.



*Design No. 86: Two Box and Four Knives each side.*



*Design No. 59: Box, with Knife each side.*

*Design No. 55: Three Box, Six Knives.*

*Design No. 52: Larger Box, suitable for heavy materials.*

*Design No. 53: Box and Four Knives.*

*Design No. 67: Small Box.*

*Design No. 80: Three Box, with Three Knives each side.*

*Design No. 84: Two Box, Four Knives each side, with 1in. space.*

*Design No. 82. (not illustrated): Two Box, Four Knives each side, with  $\frac{1}{2}$ in. space.*

*Design No. 91: Six Box, Twelve Knives.*



### Gooseberry Jam

To every pound of gooseberries allow 1 pint of water. Boil gooseberries in water to a pulp, then add 2 lbs. sugar to every pound of fruit, and boil quickly for 1 hour. When nearly cold add a small bottle essence of vanilla.

### Quince Jelly

Wash quinces, which should not be too ripe. Cut up without peeling or coring. Cover with cold water and boil until soft. Strain through jelly bag. To each cup of juice add 1 cup sugar, and boil gently until a little when tested jellies. Skim well.

### Tomato and Quince Jam

Peel 2 lbs. quinces and put through mincer. Pour boiling water over 3 lbs. ripe tomatoes and skin them. Put quinces and tomatoes into a preserving pan with 5 lbs. sugar, and boil about 2 hours.

### Tomato and Apple Jam

2½ lbs. tomatoes, 2½ lbs. apples (cut in slices), ½ lb. preserved ginger, 2 lemons boiled and chopped up, a little of the water the lemons are boiled in, a pinch of either citric or tartaric acid, cayenne pepper (enough to lay on a sixpence), 6 lbs. sugar.

#### APPEARANCES

#### DO COUNT

*where clothes are concernd; and if you avail yourself of our Dry Cleaning, Dyeing, and Renovating Services, your appearance will compare most favourably with the best-dressed people in town.*

QUICK, EFFICIENT SERVICE—ALWAYS.



## PICKLES and SAUCES

### Tomato Sauce

10 lbs. tomatoes, 2 lbs. apples,  $\frac{1}{2}$  lb. salt, 2 ozs. ground allspice,  $\frac{3}{4}$  oz. cayenne pepper, 1 quart vinegar, 2 lbs. onions, 1 oz. cloves, 2 lbs. brown sugar. Boil for 2 hours.

### Plum Sauce

6 lbs. plums, 3 lbs. sugar, 3 pints vinegar, 3 dessertspoons salt,  $\frac{1}{4}$  teaspoon cayenne, 1 dessertspoon ground ginger, 36 cloves without the bulb,  $\frac{1}{2}$  teaspoon peppercorns, a few whole spice. Squash the plums, add other ingredients, put in an aluminium or enamel pan and boil 2 hours. Stir frequently. Rub through a sieve, and bottle when cold.

### Tomato Sauce

4 lbs. tomatoes, 1 lb. sugar (brown), 1 large onion,  $\frac{1}{4}$  lb. salt, 1 lb. apples, 1 pint vinegar, 2 ozs. allspice, 2 ozs. peppercorns,  $\frac{1}{2}$  oz. cloves,  $\frac{1}{2}$  teaspoon cayenne (put these in muslin bag). Cut up tomatoes, onions and apples, put in spices in muslin bag, pour vinegar over and boil 2 hours.

### Thelma's Plum Sauce

2 dessertspoons cloves, 6 lbs. plums, 3 lbs. sugar (brown), 3 pints vinegar, 4 medium-sized onions,  $\frac{1}{2}$  oz. cayenne pepper, 1 dessertspoon ground ginger, 3 dessertspoons salt. Boil for 3 hours. Strain when cold.

### Tomato Relish

12 large tomatoes, 4 large onions, 1 lb. light brown sugar,  $1\frac{1}{2}$  tablespoons mustard, 1 tablespoon curry, 1 handful salt, 5 chillies. Mince tomatoes, place in dish with half salt sprinkled on them, mince onions and place in another dish with rest of salt; leave till next day. Drain liquid off and put in pan with enough vinegar to cover, boil 5 minutes, mix mustard with a little cold vinegar, add sugar and chillies, and boil all three-quarters of an hour. Just before taking off stir in 2 tablespoons of cornflour mixed with vinegar. Boil for 1 minute and bottle when cold.



### **Tomato Relish**

6 lbs. tomatoes (ripe and firm), 1 lb. sugar, 2 lbs. apples,  $\frac{1}{4}$  lb. salt,  $\frac{1}{2}$  teaspoon cayenne, 1 pint vinegar, 4 onions,  $1\frac{1}{2}$  teaspoons mustard. Method: Slice tomatoes, apples and onions. Cut or mince small and boil together 1 hour.

### **Chow Chow**

1 quart each green vegetables. Make a brine of 4 quarts water and 1 lb. salt. Keep vegetables in brine 24 hours. Put on fire hot enough to scald. For the sauce:  $\frac{1}{2}$  cup flour, 6 tablespoons mustard, 1 cup sugar, 1 tablespoon tumeric, with enough vinegar to make two quarts in all. Boil till it thickens, stirring all the time. Then add vegetables and heat well through.

### **Plum Pickle**

6 lbs. sound plums. Put in preserving pan sufficient vinegar to cover and  $4\frac{1}{2}$  lbs. sugar, 1 stick cinnamon or 1 tablespoon ground, 1 oz. cloves,  $\frac{1}{4}$  oz. mace, 1 grated nutmeg. Boil vinegar, sugar, etc., together for  $\frac{1}{4}$  hour. Pour it boiling hot over the plums and let it stand 3 days, then put into pan and simmer gently for 10 minutes. Turn out carefully to cool; cork tightly. Be careful not to break the plums.

### **Mustard Pickle**

3 lbs. each tomatoes, onions, cucumbers, beans and cauliflowers. Make a brine with two handfuls of salt, soak 12 hours and drain water off the vegetables. Put vegetables in a pot, pour 2 pints vinegar over 4 cups sugar, mix 1 cup flour, 4 tablespoons mustard, 2 tablespoons curry powder. Boil 5 or 6 minutes. Very good. If vegetables are hard to procure, one or two will do.

### **Banana Chutney**

3 lbs. apples (peeled), 2 lbs. bananas (weighed with skins off),  $\frac{1}{2}$  lb. preserved ginger,  $1\frac{1}{2}$  lbs. light brown sugar, 1 lb. onions (peeled), 1 lb. raisins,  $2\frac{1}{2}$  pints vinegar,  $\frac{1}{4}$  lb. salt,  $\frac{1}{4}$  oz. cayenne. Chop all the ingredients very small, and place in preserving pan. Boil for 2 hours. Put in airtight bottles when quite cold.



### Tomato Chutney

1 lb. raisins, 1 lb. apples, 1 lb. onions, 1 lb. tomatoes, 1 lb. brown sugar or treacle,  $\frac{1}{4}$  lb. ground ginger, salt to taste. Put all through mincer and boil about half an hour.

### Gooseberry Chutney

4 lbs. green gooseberries, 2 ozs. mustard (bare), 6 ozs. onions (chopped small), 3 ozs. salt, 4 ozs. ground ginger (bare), 2 ozs. curry powder (bare), 4 lbs. brown sugar,  $\frac{3}{4}$  teaspoon cayenne pepper, 4 pints vinegar. Boil for 2 hours.

### Apple Chutney

2 lbs. apples, 1 lb. onions, 1 lb. brown sugar,  $\frac{1}{2}$  lb. lemon peel, 1 lb. raisins,  $\frac{1}{4}$  lb. salt,  $\frac{1}{4}$  lb. ground ginger, 1 tablespoon curry powder, 1 teaspoon ground cloves, 1 quart vinegar or a little more. Put through mincer and boil 2 hours. Keep well stirred.

### Rhubarb Chutney

2 lbs. rhubarb, 1 lb. sultanas, 2 lemons (minced),  $1\frac{1}{2}$  ozs. salt, 1 oz. garlic, 1 oz. ginger, 1 pint vinegar,  $\frac{1}{2}$  lb. sugar. Boil till thick and bottle.

### Rhubarb Chutney

2 lbs. rhubarb,  $1\frac{1}{2}$  lbs. brown sugar, 1 oz. salt, 1 oz. garlic, 1 oz. bruised ginger, small spoon cayenne pepper, a few cloves, 1 pint vinegar. Boil about an hour or till a nice brown colour.

### White Cabbage Pickle

1 large white cabbage, 4 onions. Cut cabbage and onion finely, sprinkle well with salt and allow to stand overnight. Strain salt off and boil slowly for about 30 minutes in 1 quart vinegar. Mix together  $\frac{1}{2}$  cup flour, 1 tablespoon of tumeric, 2 small cups of sugar, 1 tablespoon curry powder, 2 tablespoons mustard, 1 pint vinegar; add to the boiling mixture, and boil together about 15 minutes. Cauliflower, beans, green tomato and cucumber cut up may be used instead of cabbage.



## FILLINGS and DRESSINGS

### Mock Cream

Cream together 4 tablespoons butter and 4 tablespoons sugar. Add flavouring and 2 tablespoons boiling water and 2 tablespoons of milk. Beat with egg beater till it thickens.

### Lemon Cheese

4 breakfast cups sugar,  $\frac{1}{4}$  lb. butter, 6 eggs, juice of 7 lemons. Beat eggs and strain. Strain lemon juice; put sugar in double saucepan, add lemon juice, beaten eggs and butter. Stir constantly until it thickens.

### Sponge Filling

1 cup milk. Put on to boil and mix in 1 tablespoon of cornflour thinned with a little milk. Put away to cool. When cool remove skin from the top and have ready (beaten well together) 2 tablespoons of butter and 2 tablespoons of sugar. Beat together gradually, and add any flavouring desired. Can be coloured pink or brown if liked.

### Orange Filling

1 lemon, 2 oranges, 1 tablespoon cornflour,  $\frac{1}{4}$  lb. sugar, 1 teacup water. Grate rind of oranges and lemon, strain the juice and add to the water and sugar, and boil. Mix the cornflour smooth and stir in. Boil for a few minutes. Pour out in a thin, even layer on a large plate, and when cool place between the layers of cake. The top may be iced or sprinkled with icing sugar.

### Boiled Salad Dressing

Mix together  $\frac{1}{2}$  teaspoon mustard,  $\frac{1}{2}$  teaspoon salt, pinch cayenne pepper, 2 tablespoons sugar. Mix to smooth paste with  $\frac{1}{4}$  cup vinegar and add 1 tablespoon butter. Bring to boiling point. Let mixture cool and then add 1 egg (well beaten) and  $\frac{3}{4}$  cup milk. Stir briskly all the time over a quick fire until dressing thickens. Will keep if stored in airtight bottle.



### Lemon Cheese

6 lemons,  $\frac{1}{2}$  lb. butter, 6 eggs,  $1\frac{1}{2}$  lbs. sugar,  $\frac{1}{2}$  oz. cornflour. Use two saucepans, and place a saucer in larger one, which contains cold water to come level with mixture in other saucepan. Put eggs in saucepan and slightly beat, add butter, sugar, cornflour, juice of lemons and some finely-grated lemon rind. Place saucepan in larger pan of water, and cook till it stiffens. Stir frequently.

### Boiled Salad Dressing

Beat 3 eggs, add 6 dessertspoons sugar, 2 teaspoons salt, 2 teaspoons mustard, 9 tablespoons vinegar, 3 teaspoons butter. Mix and stir in an enamel saucepan till smooth and thickened. Bottle when cold. When wanted for use add milk to amount required, till of a cream-like consistency. Keep in airtight jar.

### Lemon Cheese

$\frac{1}{2}$  lb. sugar, 2 ozs. butter, 2 or 3 eggs, 2 lemons. Put butter and sugar in a jar and stand in a pot of cold water on the stove. When melted put juice and rind of lemons, stir in the beaten eggs, and stir till it thickens. Do not boil.

## SWEETS

### Walnut Fudge

Ingredients: 2 cups sugar,  $\frac{1}{2}$  cup milk, a good tablespoon butter,  $\frac{3}{4}$  cup nuts, 2 teaspoons cocoa. Method: Boil all together for 7 minutes, and beat till stiff enough to pour on to buttered plate.

### Honeycomb Rock

2 tablespoons honey or treacle, 2 tablespoons sugar, 3 tablespoons hot water, small piece of butter. Cook like toffee until it hardens in cold water, then add 1 teaspoon of carbonate of soda. Stir quickly and pour into buttered pie-dish.



### Good Hard Toffee

2 cups sugar, 2 tablespoons water, 2 tablespoons vinegar, piece of butter size of walnut. Boil all together fast without stirring, until a little when dropped into cold water hardens. Nuts may be added.

### Cream Toffee

1 large cup white sugar, 3 ozs. butter, 1 tablespoon golden syrup. Bring to the boil, then add 1 tin condensed milk. Boil for 20 minutes, stirring all the time. Before taking off the fire, add 1 cup chopped walnuts.

### Honey Toffee

1 lb. sugar, 1 tablespoon honey, 1 cup cold water, pinch cream of tartar, few drops essence of lemon. Method: Put sugar, water, honey and cream of tartar in pan. Bring slowly to boil. Stir until sugar dissolved, boil quickly until a little when dropped in cold water cracks. Take off fire and add essence. Pour into buttered tin.

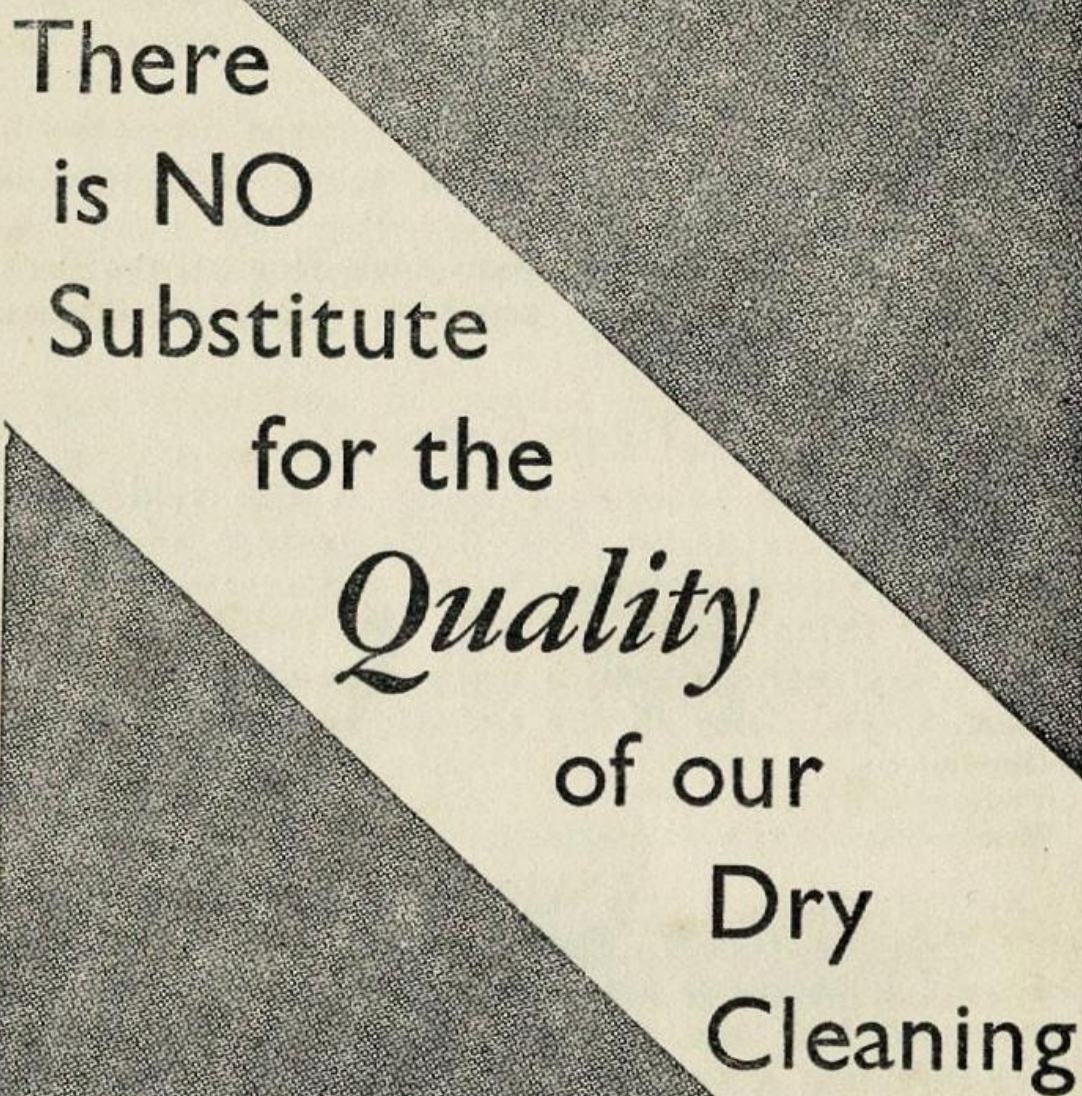
### Fudge

2 cups sugar,  $\frac{1}{2}$  cup milk, 1 tablespoonful butter, 1 tablespoon cocoa. Boil together for 10 minutes, or until it begins to set, then add  $\frac{1}{2}$  cup chopped walnuts, and beat the mixture until it changes colour; then turn into a buttered tin to set. Mark off in small squares.

### Cocoanut Ice

1 lb. sugar (loaf for preference),  $\frac{1}{4}$  lb. desiccated cocoanut, 1 gill water,  $\frac{1}{2}$  teaspoonful cream of tartar. Boil sugar, water, and cream of tartar together until silver threads form on fork (about 7 minutes' boiling). Put cocoanut into basin, and pour syrup over it. Stir till it is mixed, and pour into greased tin. Repeat for second layer, adding cochineal, or 1 tablespoonful cocoa mixed with cocoanut for colouring.





There  
is NO  
Substitute  
for the  
*Quality*  
of our  
Dry  
Cleaning

Office and Works: Nos. 1, 3, and 5 Howe St., Auckland, C.2.



## How to Prepare Material for French Pleating

Please hem skirt evenly. Do not stretch hem or seams by pressing. Do not joint skirt (leave one end open). When hemming materials such as Silk, etc., it is advisable just to turn material up once, and for heavy material such as Serges, Repps, Twills, etc., a Picot edge or overlocking stitch for hem is most advisable, and gives the best results.

For a fully French-pleated skirt, three times the hip measurement is required. Cotton materials are not suitable for pleating.

You can help us to give you Quick Service by ordering your requirements by numbers shown with each illustration.

Prices quoted are subject to additional cost of re-making in case of made-up garments.

## Cuts of Meat—How to Cook Them

### ROASTING OR BAKING.

**Beef.**—Sirloin; wing rib; ribs (rolled); topside.

**Mutton.**—Leg; shoulder; loin; saddle.

**Pork.**—Leg; loin.

**Veal.**—Shoulder; loin; leg; fillet.

### BOILING.

**Corned Beef.**—Silverside; round; aitch bone; brisket; ox tongue.

**Mutton.**—Leg; neck; sheep's tongue; corned breast.

**Pork.**—Pickled hand; breast; pig's cheek; ham.

### GRILLING.

**Rump or Fillet Steak;** skirt steak; short loin chops; cutlets; small fish; small birds; bacon.

### STEWING.

**Beef.**—Skirt; buttock; topside; bladebone and chuck steak; ox tail; ox kidney; tripe.

**Mutton.**—Breast; neckchops; brains; kidneys.

### FRYING.

**Shallow Frying.**—Sausages; cutlets; liver; kidney; pork chops; veal cutlets; brains; bacon.

**Deep Frying.**—Make-up dishes, i.e., rissoles.

### SOUP BONES.

Shin of beef; knuckles and shanks of mutton; scrag end of neck; knuckles of veal; sheep's head.

See Our French Pleating Charts—Between pages 56-57.



# The Romance and Facts of the Dry-Cleaning Industry



IT is surprising how few people know anything of the origin of the industry, the methods employed, and the progress made since the secret was first discovered.

France was the first home of the so-called Dry-Cleaning process (which, by the way, is not an entirely *dry process*). It was a rather romantic accident, somewhere about the middle of the nineteenth century, that led to its discovery.

The story goes that, during the course of a lovers' quarrel, a lamp of some description was upset upon a tapestry tablecloth. Whilst it appeared at first that damage had been done to the valuable table cover by the liquid spilled from the lamp, it was soon found that the appearance of the cloth had greatly improved when compared with surrounding parts which had not come in contact with the liquid. This discovery gave birth to the idea that the same liquid might be employed for cleaning the remainder of the cloth—and also for other fabrics and textiles.

In a small way, the discoverer made use of the knowledge he had gained, and employed it in the cleaning of garments for himself, his family and his neighbours. Naturally enough, it was not long before the industry spread to other districts. Modern Dry Cleaning has developed to such an extent that it bears little resemblance nowadays either in method or magnitude to the original process.



## A Trip Through a Modern Dry-Cleaning Works

Perhaps it would give the average individual a better idea of up-to-date Dry Cleaning if we described briefly a visit to the work of the New Zealand Dry Cleaning Co. Ltd., situated in Howe Street, Auckland. These works are probably the largest of their kind in the Southern Hemisphere.

Let us watch for a few minutes the procedure followed in getting one of our old Suits or Costumes made to look once more as good as new.

We ring 'Phone No. 47-005, which gives us access to one of five telephone lines constantly busy receiving instructions. A voice at the other end greets us cheerily with a "Good morning, New Zealand Dry Cleaning Company here!" We state that we have a suit to be cleaned and pressed, and we give the young lady who answers the 'phone our name and address. If we are resident in the Auckland suburban districts we are informed that a van will call and collect the suit mentioned. [Garments handed in and called for personally at the works, No. 1-5 Howe Street, Newton, can be cleaned and pressed within four hours if required.]

When the van (which is one of a fleet of sixteen up-to-date light motor vans) returns to the works, our suit is passed in to the Sorting and Marking Room, where all garments belonging to one order are duly tagged and numbered and sorted to their particular class for any special treatment.

The first step is to place the Garment in an Airing or Drying machine to remove all possible traces of dampness. After the Clothes are thoroughly aired they are then placed in a Cleaning machine. It contains some ninety gallons of a cleaning solvent, which is acknowledged as being the safest and most efficient cleansing agent. The cylindrical machine rotates alternately backwards and forwards for a period of twenty minutes, during which time fresh solvent is being swished through the garments at the rate of some 2,000 gallons per hour.



It is important to realise that during the time the Clothes are immersed and moving about in the cleaning solvent, the grease and dirt are dissolved and loosened from the fabric. These impurities pass immediately out of the machine, never to return, because the solvent is constantly flowing through a filter and a clarifier, which purifies the solvent before it can re-enter the cleaning machine. Again and again this process is repeated until the solvent comes out from the cleaning machine perfectly clear, which indicates that all dirt, etc., has been removed from the clothes. They are now placed in a hydro-extractor, leaving them ready for the next stage, *viz.*, the de-odourising machine. Here for a period of 25 to 30 minutes the garments are subjected to a filtered hot-air blast, which renders the clothing completely odourless and perfectly dry.

### **Special Attention to Stubborn Stains**

Every garment is now carefully inspected by experts in the Examination Department. Each class of stain receives individual attention with the requisite detergents (special cleansers) for its removal.

The garments now go to the pressers, who employ Steam Heat under pressure. It is here that the work assumes that beautifully finished appearance which is a feature of all garments entrusted to the attention of the New Zealand Dry Cleaning Co. Ltd. Pressing completed, the suit is now re-assembled and packed in a smart green cardboard box or placed on a hanger, unfolded in a long paper cover, known as an "envelope," whichever method the customer prefers.

### **Packing and Delivery Department**

This Department is subdivided into sections, representing various parts of the City and Suburbs. Packages which are to be sent by post receive special attention, a particularly strong cardboard box being used to ensure delivery of the contents in good order and condition. In the case of Parcel Post Delivery an extra charge is made to cover postage and special packing.



Auckland and Suburban orders are allocated to the drivers of our sixteen Motor Vans for delivery twice daily at the homes of the respective customers.

### **The Dry Cleaning of Ladies' White Hats, Tennis Flannels, etc.**

The very greatest care is taken in the cleaning of articles made of any special material, whether white or coloured, separate machines being reserved for the purpose.

*The Cleaning of Felt Hats* is done in a machine set apart for this work, and, after drying, are sent to the Hat Blocking Room, where a number of experts take a hand in bringing new life again to old headgear.

*Remodelling of Hats.*—In the case of Ladies' Hats it may be requested that the hats should be remodelled to a style desired by the customer. On this subject we are pleased at all times to confer with and advise our clients.

*Remodelling of Men's Hats.*—Altering the shape and style, substituting the popular snap brim for the curled brim, or sewing on a new hat band or new leather, are regular requests and cost only a small extra sum.

### **Ladies' Frocks and Dresses**

have always been a special study and care with the New Zealand Dry Cleaning Co. Ltd., and whatever the material concerned is it is treated as long years of experience in this class of business have proved to be the best. The invariable satisfaction of our clients confirms the soundness and efficacy of our methods. We claim to have a longer, wider and more up-to-date experience of this class of work than any other firm in the Southern Hemisphere.

### **Renovating**

A busy section of the New Zealand Dry Cleaning Works is devoted to the many and intricate tasks which come under the heading of Renovating. This includes



re-lining of Coats and Costumes, putting on new collars or silk facings, darning or stoating rips, tears and holes, repairing frayed cuffs or trousers bottoms, re-tacking coat and sleeve linings, putting in new pockets, and all that is required to make the garments as serviceable as when new. Burnt patches, holes and bad tears can be repaired and concealed so that the closest scrutiny will almost defy detection. This work (which is extra to the cost of Dry Cleaning and pressing or dyeing) is executed at a nominal charge. The sewing-on of buttons, where needed, is done free of cost.

### Dyeing of Clothing

Frequently a customer may feel desirous of giving a garment an entirely different appearance, having perhaps fallen out of love with the colour of the cloth, or (due to change of season) prefers to have it dyed a darker colour. In the case of white garments, of course, any shade of the rainbow may be chosen for the new shade to be. Light-coloured suits or costumes can be very attractively dyed in quite a large range of colours. Navy Blue suits, costumes and overcoats recover their pristine freshness if they are re-dyed in Navy Blue. Curtains, draperies and upholsterings or loose covers take on a refreshing sweetness after dyeing.

*The Process of Dyeing* is under the control of an expert dyers with many long years' knowledge of the trade. It is important to know that by our process only the woollen portion of the garment is dyed, the sleeve linings or similar materials retaining their original colour.

A chart of colours available can be consulted at the Head Office, or will be submitted on request to customers either in the city or suburbs. Out-of-town customers are advised to send a sample of the colour they desire to be matched, *but it should be understood that the guidance of an expert in the matter of choice of colours is at all times advisable.* The nature of material, pattern and colour of the garment to be dyed must be taken into account in the choice of the new colour in order that satisfactory results can be assured



to our customers. The most popular and successful colours used in dyeing are Black, Navy Blue, Brown and Green. After the dyeing process is completed the garments are dried, and of course go through the hands of the pressers, as described in the earlier part of this book.

### **Carpet Cleaning and Shampooing**

Contrary to the usual expectation, the cost of cleaning and shampooing Carpets is remarkably small. Considering that carpet shampooing is a process whereby the carpet is thoroughly cleansed and sterilised, it is obvious that the process is infinitely more searching, more thorough and more satisfactory than Vacuum Cleaning. The original beauty of carpets is thus restored, because all dirt, grit and grease have been removed, thereby, at the same time, lengthening the life of the carpet. The plant we have installed at our works is capable of handling the largest sizes of carpets in use to-day.

The charge for Carpet Shampooing is at present 1/- per square *yard*. Remember that there are 9 square feet to a square yard, so, when calculating the cost, multiply the length of the carpet by the width in *feet*, and divide by nine. This will give you the cost in shillings.

We collect and deliver Carpets Free in Auckland City and Suburbs. 'Phone 47-005.

### **Something New**

## **Special Valet Pressing Service**

215 Queen Street

Phone 40-234

Your clothes faultlessly pressed while you rest in a comfortably appointed dressing gown.



# Country Customers

## INSTRUCTIONS FOR USING OUR SERVICE

**DRY CLEANING.**—When sending Garments please say if any repairs or renovations are required in addition to Dry Cleaning and Pressing.

**DYEING.** — Kindly send sample of colour desired when forwarding articles for Dyeing. If it is possible to Dye the Garment successfully and satisfactorily to the colour you wish, it will be done. If not possible, we will write advising you of the exact position.

**FRENCH PLEATING.**—Kindly refer to design by number shown, and carefully read instructions “How to Prepare Material.”

**SATISFACTORY SERVICE.** — In the last fourteen years we have given complete satisfaction to thousands of Country Clients. Let us do the same for you.

Address parcels to:—

**N.Z. Dry Cleaning Co. Ltd.**

1-3-5 Howe Street,  
AUCKLAND, C.2.



# Kitchen Utensil Measurements and their Equivalents

## Dry Measures

$\frac{1}{4}$ -pint cup (small teacup)	....	....	2 ozs. flour
$\frac{1}{4}$ -pint cup (scant)	....	....	4 ozs. or $\frac{1}{4}$ lb. sugar
$\frac{1}{4}$ -pint cup (scant)	....	....	4 ozs. or $\frac{1}{4}$ lb. fat.
$\frac{1}{2}$ -pint cup (breakfast cup)	....	....	4 ozs. flour
$\frac{1}{2}$ -pint cup (scant)	....	....	8 ozs. sugar
$\frac{1}{2}$ -pint cup (scant)	....	....	8 ozs. fat
4 $\frac{1}{4}$ -pint cups (breakfast cups)	....	....	1 lb. flour
2 $\frac{1}{2}$ -pint cups (scant)	....	....	1 lb. sugar
2 $\frac{1}{2}$ -pint cups (scant)	....	....	1 lb. fat.

## Tablespoon Measures

3 level tablespoons	....	....	1 oz. flour
1 $\frac{1}{2}$ level tablespoons	....	....	1 oz. sugar
1 $\frac{1}{2}$ level tablespoons	....	....	1 oz. fat

## Liquid Measures

$\frac{1}{4}$ -pint cup (small teacup)	....	....	5 ozs. water
$\frac{1}{2}$ -pint cup (breakfast cup)	....	....	10 ozs. water
1 tablespoon (large)	....	....	1 oz. water
1 tablespoon (medicinal)	....	....	1 oz. water

## Additional Measures

1 level teaspoon	....	....	$\frac{1}{4}$ oz. salt
1 level teaspoon	....	....	$\frac{1}{4}$ oz. sugar
3 pennies	....	....	1 oz.
1 penny and 1 halfpenny	....	....	$\frac{1}{2}$ oz.
1 threepenny piece and 1 halfpenny	....	....	$\frac{1}{4}$ oz.

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KEEP THIS LIST FOR REFERENCE.



There is no substitute  
for the quality of  
our Dry Cleaning



USE YOUR PHONE

NEW ZEALAND  
DRY CLEANING CO. LTD

5. HOWE ST. AUCKLAND

